

December 8, 2005

# CMIC CONNECTION

A Monthly News Service from the Division of Communications for Norfolk Civic Organizations

## **NAUTICUS, THE NATIONAL MARITIME CENTER RECEIVES \$228,540 GRANT TO BUILD BOAT SLIPS, FACILITIES FOR BOATERS**

Boaters in Downtown Norfolk will soon have their choice of 16 new boat slips as well as bathroom facilities/utilities thanks to a \$228,540 Boating Infrastructure Grant (BIG) recently received by Nauticus. This is the first-time that Nauticus has applied for and received the highly competitive grant.

Nauticus competed on a national level for the grant, which is funded by the Virginia Department of Health and reviewed by the U.S. Fish and Wildlife Service. The grant will allow for the construction of 16 boat slips to accommodate 26 to 60 foot recreational vessels and bathroom facilities/utilities for boaters. Construction of the slips and facilities are expected to be completed in three years.

For more information, please call (757) 664-1000.

## **NATIONAL MARITIME CENTER WINS GRANTS FOR TRAINING TEACHERS IN OCEANOGRAPHY/ TO DEVELOP TSUNAMI EXHIBIT**

The National Maritime Center was recently approved by the Nation Oceanic & Atmospheric Administration to be an Ocean Exploration Alliance partner. The Center on Waterside Drive will join a handful of aquaria around the country as the first science center partner in this program.

The Maritime Center will have approximately \$29,000 to use in the 2-year partnership. The partnership was created by NOAA to provide oceanography training to middle school and high school teachers through a series of workshops. Nauticus staff will work with NOAA staff to train Portsmouth 5th grade teachers (1

from each of the 14 elementary schools) and possibly a few high school teachers. The first workshop would occur either in January or Fall of 2006. Other facilities receiving the designation are: Audubon Aquarium of the Americas in New Orleans, Aquarium of the Pacific in California, Hatfield Marine Science Center at Oregon State University, Monterey Bay Aquarium in California, New England Aquarium in Boston, Pier Aquarium in Florida, and South Carolina Aquarium in Charleston.

The National Maritime Center will receive \$25,000 from the National Oceanic & Atmospheric Administration (NOAA) to develop an exhibit about tsunamis and NOAA's research into these deadly events. With an approximate opening date of Summer 2006, the "TsunamiReady" exhibit will include an interactive computer kiosk about tsunami science and warning mechanisms, NOAA's official 'evacuation route' and 'hazard zone' signs, and a model of a NOAA Dart buoy used to monitor tidal wave activity. The exhibit will be designed in-house and can be used by NOAA as a national model for successful government-science museum partnerships.

## **TOWN HALL MEETING TO FOCUS ON CRIME**

Norfolk City Council members Paul Riddick and Randy Wright will host a Town Hall meeting on Monday, December 19 at Lafayette Winona Middle School at 6:30 p.m. The middle school is located at 1701 Alsace Avenue off of Tidewater Drive.

The two City Councilmen are seeking citizen comment on the following questions:

1. Should Norfolk establish a crime commission?
2. Are incidents of crime not being reported?
3. Should citizens or can citizens be allowed to file reports on-line?
4. Should volunteers be trained to write non violent crime reports at the scene?
5. How can the City and Police Department respond more efficiently to citizen complaints?

Statistics released by the police department indicate that overall crime has risen three percent in the first 10 months of 2005. Violent crimes, including homicides, are escalating at an even faster rate.

Councilmen Wright and Riddick said the proposed crime commission would be established to combat an increase in non-violent crimes in the city. According to Wright, most of the city's crime prevention programs need to be reevaluated and strengthened, and placed under the auspices of a citizen-based crime commission.

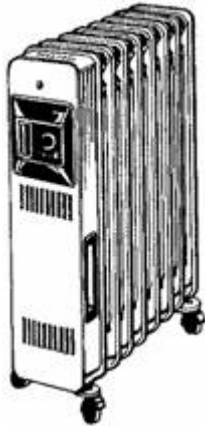
## **FUEL CRISIS ASSISTANCE PROGRAM NOW ACCEPTING APPLICATIONS - 664-7550**

Applications and assistance for eligible households available from  
November 1, 2005 - March 15, 2006

\*Assistance provided within 48 hours of application

### **Fuel Crisis Assistance can help pay for:**

- Repair of heating equipment



help

- Replacement of heating equipment
- Once per lifetime payment of primary heat source utility security deposit
- Payment for emergency shelter for homeowners in a no-heat situation

### **Beginning January 2, 2006, Fuel Crisis Assistance can also pay for:**

- Purchase of primary home heating fuel
- Payment of primary heat utility bill (in instances when a

cut-off notice exists)

### **When Filing for Fuel Crisis Assistance**

- You can mail or fax your application
- Only one member of a household may apply
- Applications must be signed to be valid

### **ELIGIBILITY REQUIREMENTS**

- Must be a resident of the City of Norfolk
- Must have a heating expense
- Monthly gross income must not exceed:

HOUSEHOLD SIZE	MAXIMUM INCOME
1	\$1,037
2	\$1,390
3	\$1,744
4	\$2,097
5	\$2,450
6	\$2,803
7	\$3,156
8	\$3,509

9	\$3,863
10	\$4,216
11	\$4,569
12	\$4,922
13	\$5,275
14	\$5,628

## **CITY WORKS TO MITIGATE IMPACT OF DOWNTOWN CONSTRUCTION ACTIVITY**

The significant increase in construction activity in downtown this year is expected to continue well into 2006 based on ongoing as well as planned construction projects. This increase in construction activity has also resulted in a corresponding increase in requests for street and sidewalk closures. Currently, the City receives an average of 25 permit requests per month in the downtown area.

City staff, in an effort to facilitate this volume of requests, meets on a regular basis with internal and external agencies, including the Downtown Norfolk Council (DNC), contractors, utility companies, the Division of Parking, Scope, and the City's Utilities Department to discuss the impact of closures. This is done to minimize impacts of street and sidewalk closures. Due to the volume of requests currently being received for these types of permits, additional steps have been implemented to ensure that traffic flow, resident safety, and business concerns are addressed. The Department of Public Works has taken the following actions to facilitate the processing of permits:

- Assigning a construction inspector specifically for the downtown area;
- Meeting with the various utilities, including Dominion Virginia Power, Verizon, Cox and the City's Department of Utilities to try to coordinate future construction and repair schedules to avoid closing streets more than once;
- Posting a map of all construction activity on the City's Internet site and updating it each Friday;
- Coordinating monthly downtown construction meetings with the Downtown Norfolk Council, various City agencies, major developers and construction managers; and
- Requiring more detailed information on detour signs, including signs with the name of street(s) and businesses that are open.

It is important to note that the City is working hard to balance the efforts of development projects with consideration to businesses and residents already working and living in the area.

## **WILLOUGHBY CORRIDOR STUDY AND RECONNAISSANCE VISIT**

The Norfolk Redevelopment and Housing Authority (NRHA) and Urban Design Associates (UDA), together with the City, have begun work on the Willoughby Corridor Study. The corridor study's objective is to address issues such as the high ratios of rental to home-ownership, poor traffic circulation, absentee landlord problems and poor visual image. This study will also prioritize proposed strategies for making improvements to the area.

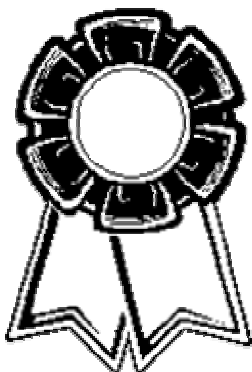
Urban Design Associates (UDA) has already begun gathering base material with the next step being a reconnaissance visit to be scheduled as soon as possible in conjunction with the Willoughby Civic League. The information gathering visit will include one evening public meeting as well as meetings with various stakeholders. The reconnaissance meeting will be followed by an in-depth analysis and charrette planned for late January and a report and public presentation based on the study's findings in April.

## **MILITARY HIGHWAY CORRIDOR STUDY UPDATE**

Work is underway on the Comprehensive Plan for the Military Highway Corridor. URS, the lead consultant on the project, has completed their inventory of existing conditions and Basile Baumann Prost & Associates (BBPA) has completed a draft market study for the corridor. Both work products are under review by City staff and will be finalized within the next few weeks. One interesting finding from these preliminary studies is the current sales volume along the corridor, estimated at \$1.2 billion, reaffirming the importance of the corridor to the entire city.

A series of small group meetings with civic leaders and other vital stakeholders in the corridor should be finished by the end of the month. These meetings are designed to educate the public about the plan as well as solicit their input regarding issues. The consultant will use this information to draft possible design alternatives and an economic development plan. This information will be shared with the public in a series of meetings, by study sub area.

## **NORFOLK HISTORIAN NAMED CIVITAN CLUB CITY EMPLOYEE OF THE YEAR**



Peggy Haile McPhillips, City Historian, was selected as the 2005 Outstanding Employee of the Year by the Norfolk Civitan Club. McPhillips was acknowledged for her work on a number of historical projects. Vice Mayor Hester presented McPhillips and the two runner-ups William Cuffee, Jr., a 36-year City employee

and currently a Maintenance Supervisor in the Division of Streets and Bridges for the Department of Public Works; and Marilyn Scott, a Security Counselor with the Juvenile Detention Center for the Department of Human Services, with their awards.

## **THE EARNED INCOME TAX CREDIT**

The EITC is a special credit for low-income workers to reduce their federal income tax liability. Those who qualify will owe less in taxes and may be eligible for a bigger refund. The average EITC return for tax year 2005 is \$1800 per working family or individual. Yet one out of every five of those who qualify doesn't even apply.

For more information on the EITC and where to receive free tax filing assistance, visit the South Hampton Roads EITC Coalition website at [www.shreitc.com](http://www.shreitc.com) or contact the Norfolk Commissioner of Revenue office at 664-7885.

## **NORFOLK UTILITIES WINS NATIONAL PLATINUM AWARD**

The Norfolk Department of Utilities is one of only 14 utilities in the nation to receive the 2005 Platinum Award from the Association of Metropolitan Water Agencies (AMWA). The prestigious AMWA Platinum Award is considered one of the highest honors in the water industry and specifically recognizes the utility directors who lead their agencies.

The purpose of the award is to "recognize water agencies where management practices chart new courses, seek new opportunities, and meet the ever expanding demands of consumers and market forces." Norfolk's Department of Utilities was eligible to apply for the competitive Platinum Award based on having previously received AMWA's Gold Award which is a prerequisite. The Gold Award recognizes competitiveness in the water industry, whereas the Platinum award requires demonstration of sustained competitiveness over at least a three-year period.

The 2005 Platinum Award Winners were announced in October at a ceremony in Santa Fe, New Mexico. The program booklet from the award ceremony is enclosed in this week's Brief. Please note that on page 12 of the program, the program and award recognizes the leadership of Utilities Director Kristen M. Lentz who has led Norfolk's excellent work in the areas of strategic planning, regional cooperation, and statewide water resource planning.

## **CONGRESS APPROVES EARMARKS FOR NORFOLK**

Appropriations Conference reports were released this week that included the Commerce/Justice/Science and Energy & Water subcommittee's action.

Representative Thelma Drake was able to secure a \$100,000 earmark for the Police Department under the Law Enforcement Technology and Interoperability Program. This funding, as you may recall, is targeted for communication equipment or other technology.

Senator Allen was able to secure continued funding for the Ocean View Shoreline Protection study. An earmark of \$200,000 will enable the local US Army Corps of Engineers to continue a second year of work on the study. The City has currently budgeted \$200,000 as matching funds. We expect the local district to request more monies to be reprogrammed to the study in order to stay on the timeline originally established.

## **EMINENT DOMAIN LEGISLATION**

In a 376-38 bipartisan vote, the House passed “The Private Property Rights Protection Act of 2005” (HR 4128) that would discourage states and local governments from taking advantage of the Supreme Court’s June decision in *Kelo v. City of New London*. Sensenbrenner’s bill would forbid state and local governments from using eminent domain to take property intended for private economic development. Governments that violate the law would be forbidden from collecting federal money for economic development projects for two years.

The bill defines “economic development” as private, for-profit projects or those intended to increase tax revenue, the tax base or jobs. Six amendments were adopted by voice vote:

- An amendment clarifying that private roads that are open to the public and flood control facilities would be included among the bill’s exceptions.
- An amendment that clarifies the burden of proof is on governments to show that takings are not for “economic development.”
- An amendment that would exempt “brownfields,” areas that have not been developed because of pollution or perceived pollution.
- An amendment that would prevent governments from taking land from religious organizations because of their nonprofit or tax-exempt status.
- An amendment that would require federal agencies to review their regulations for compliance with the legislation.
- An amendment that would express Congress’ intent that the government should not attempt to take land from Hurricane Katrina survivors for economic development.

John Cornyn, R-Texas, has introduced similar legislation ([S 1313](#)) in the Senate. That measure has 30 cosponsors.

## **WARDS CORNER TASK FORCE VIEWS PROTOTYPE INTERACTIVE CODE ENFORCEMENT DATABASE**

At the Wards Corner Task Force co-chaired by Councilmember Williams and Winn, staff unveiled a prototype of an interactive Code Enforcement database. As you will recall, citizen access to a web based code tracking system was a high priority of both the Task Force and the Healthy Neighborhoods Summit. The City's Information Systems Department is developing the program, which is scheduled to be fully launched by January 2006.

## **CITY TO BE FEATURED IN US AIRWAYS IN-FLIGHT MAGAZINE**

US Airways Magazine will feature the cities of Norfolk and Virginia Beach in its February 2006 edition. The magazine reaches 1.7 million business and leisure travelers each month. With the merger of America West Airlines, US Airways is now the nation's 5<sup>th</sup> largest carrier operating 4,386 daily flights to over 200 cities in 36 countries.



The 22 page section, ***Profile: Virginia Beach/Norfolk***, will be devoted entirely to showcasing the area as one of the nation's foremost places to visit, live, and work. It will be a comprehensive look at the economic drivers and industry sectors that shape the lifestyles and business landscapes of our region. It will spotlight our community's educational and healthcare resources, tourism and convention opportunities, and our economic and quality of life advantages. In addition to Virginia Beach and Norfolk, the Profile will feature information about the surrounding cities of Portsmouth, Suffolk and Chesapeake. Council will be provided with a copy of the magazine once it becomes available.

## **CHANGE IN FEDERAL REGULATIONS DESIGNED TO ALLEVIATE TRAFFIC CONGESTION ON BERKLEY BRIDGE**

Currently, openings on the Berkley Bridge during peak travel periods create vehicle back ups into the intersections of St. Paul's Boulevard at Market Street as well as at City Hall Avenue. Efforts in the past to minimize these impacts have been limited as a result of federal regulations ("Berkley Bridge Operations and Restrictions", CFR, '33).

During Hurricane Isabel in 2003, the Midtown Tunnel closed temporarily due to flooding. This closing resulted in a significant increase in traffic in the downtown



area. As a temporary measure to relieve congestion during the work week, the U.S. Coast Guard lengthened the restrictions on opening the Berkley Bridge from the posted times (5:30 AM to 9:00 AM; 3:30PM to 6:30 PM; 5:00 AM to 9:00 AM; and 3:00 PM to 7:00 PM). The temporary extension of the restriction reverted back to the original hours when the Midtown Tunnel was reopened.

At the request of City Council, the Public Works Department worked with the Coast Guard, Virginia Department of Transportation (VDOT), and the City of Portsmouth to have the Code of Federal Regulations changed to permanently reflect the extended restrictions for opening the bridge. Effective December 12<sup>th</sup>, VDOT will extend the restrictions on bridge openings during the peak periods of travel by 1/2 hour in the morning (5:00AM -9:00 AM) and by 1 hour in the evening (3:00PM -7:00PM).

## **MANAGEMENT TEAM FOR BUREAU OF ARTS & CULTURAL AFFAIRS IN PLACE**

All four positions in the newly formed Bureau of Arts and Cultural Affairs are now filled. The bureau, which is part of the newly named Department of Cultural Facilities, Arts and Entertainment will be responsible for the management of the City's new public art program, Selden Arcade and coordination of the City's special events permitting process. Karen Rudd, who comes to us from Albuquerque, New Mexico where she managed much of the City's public art program will serve as the Manager of Arts and Cultural Affairs.

Deborah Mann, who was the former the Media and Promotions Manager at SCOPE will serve as the Manager of Selden Arcade. Tracy Derring, who was an event coordinator at SCOPE fills the position of Event Manager for Special Events. Mitzie Wright, who was the assistant to the Director is now the Administrative Assistant II. This office for the new bureau will be housed in Selden Arcade once the office buildout there is completed.

## **MEETING HELD TO DISCUSS PARK PLACE ISSUES**

The City Manager, Police Chief and representatives from the Planning Department met with representatives from Park Place along with Ghent, Colonial Place and Kensington to discuss a number of community issues focusing on public safety, recreation and code enforcement in the Park Place area. Meeting outcomes included commitments by the City to work with representatives from the community in identifying opportunities to expand youth programming at the Park Place Community Center as well as coordinating a community day in January, considering police drop bys to a community provided "mini station", similar to former Jordan

Center arrangement. Other issues and initiatives under consideration will be discussed in the new taskforce to be formed in December.

## **LIBRARY RECEIVES GRANT TO UPGRADE PUBLIC ACCESS COMPUTERS**



The Norfolk Public Library has received a \$69,000 grant from the Bill & Melinda Gates Foundation to upgrade computers that were purchased in 1998 with a Gates Library Foundation Urban Library Leadership Grant. The grant is part of the foundation's U.S. Library Program, which supports the efforts of public libraries to offer free access to computers, the Internet, and digital information in communities throughout the country.

Periodic upgrades to software and hardware are required in an effort to ensure that computers in the library system provide patrons with efficient technology. The grant funds will be used to purchase 46 computers installed with popular software programs. Twenty-four (24) of the new computers will be placed at the Kirn Memorial Library with 11 computers scheduled for installation at both the Horace C. Downing and Blyden Branch libraries. All 46 computers will run on the Microsoft XP operating system platform as well as have Microsoft Office software (Word, PowerPoint, Excel, and Access) and Microsoft Internet Explorer installed. Designated computers will also provide access to children's educational games.

## **BAR TASK FORCE UPDATE**

On November 30, the City Attorney's Office prosecuted six defendants on various criminal violations relating to the operation of the Little Creek Inn located at 2325 E. Little Creek Road. The owner of the property, pursuant to a plea agreement, was required to turn in his ABC license, waive an ABC hearing on the revocation, and waive a hearing on the revocation of the special exception. Additionally, the owner and the other defendants (who include the manager, operator, and employees of the Little Creek Inn), are prohibited from being on the premises and also from owning, operating, or working at any ABC establishment, bar, or nightclub in the Norfolk.

The City has also been informed that the land and building sold a few days ago and will be leased to a restaurant operator with no alcohol and no entertainment.

The new owner is also considering selling the land to the adjacent property owner for possible expansion of law offices.

The City Attorney's Office is preparing an ordinance for December 13 that will provide City Council an opportunity to formally consider the revocation of the Little Creek Inn's special exception.

**REMARKS OF MAYOR PAUL D. FRAIM  
FUNERAL OF OFFICER STANLEY REAVES  
NOVEMBER 2, 2005**

This is a terribly difficult time for so many of us. We are never prepared for this.

The shock from the tragedy that calls us here today still echoes in our thoughts, and weighs heavily on our hearts . . . and on behalf of the citizens of Norfolk, the members of City Council, the City Manager and City Administration, I extend our deepest and most profound sympathy to the family of Norfolk Police Officer Stanley Reaves, who was fatally shot in the line of duty last Friday afternoon. This community will always be here for you.

The pain we feel from his untimely death is deep and hard to bear.

It is also disturbing, for there is no explaining the irrational act of violence that took him from us.

Our sympathy is also extended to the members of the Norfolk Police Department. We are so proud of all of you. And we are proud of everyone who serves the public's safety.

You have lost a fellow officer – a member of your family - and our family. We mourn that loss with you.

A loving husband and father of two young children, Officer Reaves came to us by way of the Baltimore Police Department, moving here to be closer to family while pursuing his career in law enforcement – a career that by all accounts was his dream.

He graduated from the 72<sup>nd</sup> Basic Recruit Academy in March of this year.

Though he was not with us long, Officer Reaves had gained the respect and friendship of his fellow officers for his enthusiasm for the job and for his ready smile and warm personality.

Those same qualities made him well-liked by the citizens he came in contact with while on duty.

Truly he was one of Norfolk's finest.

We are mindful of the challenges our police officers face every day . . . and we pray they will always remain out of harm's way.

But we know there are times when tragedy strikes . . . when suddenly and without warning a respected colleague, a trusted friend, a loved one is taken from us.

In those moments - times of anguish and grief, times of fear and confusion - we draw upon the strength of our faith . . . we are comforted by the support of family and friends . . . and we hold on tightly to precious memories to seal them in our memory forever.

Officer Stanley Reaves served the citizens of Norfolk courageously. He was committed to his chosen career in law enforcement and dedicated to the citizens he served. A strong member of the thin blue line that stands between law abiding citizens and criminal behavior.

We are grateful to have known Officer Reaves if only for a short time. He is now one of us forever. He will never be forgotten.

May God bless each one of you here today, and I pray that He especially bless and give comfort to the family of Officer Stanley Reaves.

## **CITY'S WIRELESS INITIATIVE FEATURED IN GOVERNMENT ENTERPRISE MAGAZINE**

The City of Norfolk's efforts to expand wireless capabilities was featured in the November edition of Government Enterprise Magazine. The article, which is included in this week's packet, examines efforts by local, state and federal agencies to enhance wireless capabilities to improve operational efficiency and effectiveness.

Initially, wireless operations were focused on emergency operations. Per our own experience with Hurricane Isabel, we saw the significant benefits of working in a wireless environment during this emergency. Wireless operations have proven so successful that we are identifying new opportunities to expand wireless capabilities throughout the organization to promote growth in productivity and efficiency.

## **HIGHLIGHTING 175 YEARS OF RAILROADING, NORFOLK SOUTHERN MUSEUM OPENS DOWNTOWN MUSEUM**

Early rail, clothing, tools, locomotive parts, signage, photographs and advertisements are a few of the artifacts that will be on display when the Norfolk Southern Museum opens Dec. 5.

The opening marks Norfolk Southern Corporation's (NYSE: NSC) 175th anniversary and



reflects the company's partnership with Norfolk and communities across the rail system.

"Norfolk Southern has a great story to tell," said Chairman David R. Goode. "Our 175-year history parallels the economic and social growth of America, and now we are playing a growing role in the global movement of 21st century goods. We've been around a long time, but our history is just beginning.

"The museum illustrates the contributions of our company in the growth of this area and the nation. We hope it will be a resource for educators and students as well as an interesting attraction for visitors," Goode said.

Norfolk Southern traces its origin to 1830. Since those earliest days of American railroading, hundreds of smaller roads combined, reorganized and consolidated to form the Norfolk and Western and Southern railways, which joined in 1982 to create Norfolk Southern. A portion of Conrail was added in 1999, resulting in today's system covering the eastern United States.

The History Factory, of Chantilly, Va., designed and built the 1,600- square-foot museum, which includes artifacts contributed by employees, customers and suppliers, as well as by historical associations and museums. The railroad's effect on American culture, and the diversity of the people who built it, are highlighted. Exhibits bring visitors up to the present, explaining the railroad's role in modern-day logistics.

The museum is located on the ground floor of the company's office building at Three Commercial Place in Norfolk. Beginning Dec. 5, hours will be 10 a.m. to 4 p.m. Monday through Friday. The museum will be open to the public free of charge.

A visit to the museum by the life-size Best Friend of Charleston replica locomotive, on loan from the city of Charleston, S.C., is scheduled for Dec. 15-16. The original Best Friend pulled the first regularly scheduled steam passenger train in America, on Christmas Day 1830, on the South Carolina Canal and Railroad Co., Norfolk Southern's earliest predecessor.

The Best Friend replica is scheduled for display on Wall Street on Dec. 12, when Norfolk Southern representatives will ring the opening bell at the New York Stock Exchange in observance of the 175th anniversary.

Norfolk Southern Corporation is one of the nation's premier transportation companies. Its Norfolk Southern Railway subsidiary operates approximately 21,300 route miles in 22 states, the District of Columbia and Ontario, Canada, serving every major container port in the eastern United States and providing superior connections to western rail carriers. Norfolk Southern operates the most extensive intermodal network in the East and is North America's largest rail carrier of automotive parts and finished vehicles.

## **CITY/DEVELOPERS SIGN AGREEMENT TO DEVELOP DOWNTOWN HOTEL/CONFERENCE FACILITY**

The City of Norfolk, privately held RLJ Development, LLC (RLJ), and Fulco Development Inc. have negotiated a Master Development Agreement (MDA), for a mixed-use project which will feature a 240 room full service Hilton Hotel with a signature restaurant, a 5,000 square foot retail/restaurant area, lobby café, lounges and conference facilities with approximately 70,000 square feet, and enclosed parking accommodating at least 500 vehicles. The proposed project will include 50 residential units of sizes and scope yet undetermined above the hotel to be located in downtown Norfolk, VA at the intersection of Main Street and Granby Street.

The project is in the pre-development phase and the parties expect to finalize development plans, scope and timing over the next four to six months. Construction will most likely begin in early 2007, and is expected to be completed in Spring 2008.

“We are delighted to be involved in this important project,” said Robert L. Johnson, CEO & Chairman, The RLJ Companies. “We believe The City of Norfolk is an ascending city with great leadership and great development potential. A project of this scale will assist the city in realizing its growth potential.” We look forward to this premiere project.

Mayor Fraim said, “We are very pleased to have an agreement with Robert Johnson’s RLJ Development, LLC, and the involvement of an outstanding native son of the City of Norfolk, William Fuller. This project says a lot about Norfolk, or for that matter, any City that is able to attract an investment opportunity from someone like Robert Johnson and his hospitality development team.”

Vice Mayor Daun Hester added, “This project marks another example of the City’s overall commitment to excellence in business development. Not only, does it result in the development of a new state of the art hotel and conference center and additional residential development in our downtown, but it also speaks volumes to the City’s commitment to expanding the diversity of its business development efforts.”

“Norfolk has been a strong hotel market with diverse sources of demand,” said

Thomas J. Baltimore, Jr., President of RLJ Development, LLC. “The introduction of a Hilton Hotel with significant meeting space and a residential component will continue to strengthen the city’s position. We look forward to working with city representatives over the next several months finalizing the details of this exciting project.”

## **FAMILY ATTRACTIONS NETWORK (FAN) DEBUTS IN HAMPTON ROADS TO ENCOURAGE COOPERATIVE MARKETING**

*Savings book, website, and brochure will be initial products of new partnership*

The Family Attractions Network (FAN), a new regional partnership of several of Hampton Roads' non-profit attractions, has been created to encourage co-operative marketing and positioning in the travel and tourism market locally, regionally, and nationally. The group is comprised of 17 partners representing 29 municipal-owned or mission-oriented, non-profit attractions located in all seven major cities in Hampton Roads. In addition, the Chesapeake, Hampton, Newport News, Norfolk, Portsmouth, Virginia Beach, and Suffolk Convention and Visitor Bureaus are a part of this collaborative effort.

"It makes economic sense for us to work together," says Dan Cawley, Director of Marketing at the Virginia Sports Hall of Fame in Portsmouth and FAN spokesperson. "But beyond that we believe that when viewed together, FAN partners paint a picture for visitors and locals alike of a remarkable region with diverse cultural, educational and entertaining opportunities for families."

Among the initial projects FAN is undertaking is an *Explore Hampton Roads! Savings Book* featuring coupons for discounted admission or gift shop savings at FAN member organizations. The books, which sell for just \$10 each, contain savings totaling more than \$170. *Explore Hampton Roads! Savings Book* participants are The Contemporary Art Center of Virginia and the Virginia Aquarium in **Virginia Beach**; The Chrysler Museum of Art, The Hermitage Foundation Museum and Gardens, Nauticus, Hampton Roads Naval Museum, Norfolk Botanical Garden, and the Virginia Zoo in **Norfolk**; The Mariners' Museum, Peninsula Fine Arts Center, Newport News Museums (Endview Plantation, Lee Hall Mansion, The Newsome House Museum and Cultural Center, and Virginia War Museum), and the Virginia Living Museum in **Newport News**; the Portlock Galleries in **Chesapeake**; the Children's Museum of Virginia and Virginia Sports Hall of Fame in **Portsmouth**; the Virginia Air and Space Center in **Hampton**; and the **Suffolk** attractions (Riddick's Folly House Museum, Seaboard Station Railroad Museum, Shooting Star Art Gallery, Suffolk Museum, Suffolk Station for the Cultural Arts, and Great Dismal Swamp and National Wildlife Refuge). The *Explore Hampton Roads! Savings Book*, which is an ideal stocking stuffer, will be available at each participant's location starting December 1. Coupons in the book are valid through October 31, 2006. All proceeds from the sale of the books support education initiatives at each FAN site.

In addition to the coupon book, the group has developed a FAN website ([www.hrfan.net](http://www.hrfan.net)), which visitors with an overview of the FAN member organizations as well as news links, directions, and special online offers to encourage visitation. The brochure, which will also highlight FAN member organizations, will be developed and distributed at selected state visitor centers early next year.

For more information about FAN, please contact Dan Cawley at the Virginia Sports Hall of Fame at (757) 393-8031 or via email at [cawleyd@vshfm.com](mailto:cawleyd@vshfm.com).

## **AWARD WINNERS ANNOUNCED FOR 21ST ANNUAL GRAND ILLUMINATION PARADE**

For more than 20 years, Holidays in the City has been lighting up the heart of Hampton Roads and building family traditions. Last Saturday night was no different, when more than 100,000 spectators lined the streets of downtown Norfolk for the 21st Annual Grand Illumination Parade. “Cool Jack” the new mascot for Holidays in the City made his first parade appearance. Filled with 19 marching bands, 8 giant helium balloons and 19 festive lighted floats, 67 units strutted their stuff at the cherished annual event and were judged by an independent panel.

### **The Downtown Norfolk Council & Dillard’s congratulate the following 2005 Grand Illumination Parade Award Winners:**

#### **Chairman’s Award**

Great Dane Rescue of the Commonwealth

Unit Name: “Greatest Danes on Earth”

Unit was comprised of Great Danes, the tallest species of dogs, decked out in circus attire. This organization educates the public about the breed and works to find families to adopt these dogs throughout the State of Virginia.

#### **Best in Show**

Mid-Atlantic Alternative Volleyball Association

Float Name: “Unity and Diversity”

The float with a clown popping out of a gift box was accompanied by clowns of diversity. This local volleyball league encourages and supports diversity found throughout sports today.

#### **Best Interpretation of This Year's Theme "*Under the Big Top*"**

Beachcombers Corvette Club

Float Name: “It’s Snowing...The Circus Must Be In Town”

This organization is dedicated to the preservation of the corvette as an American icon and strives to give back to the community by supporting numerous organizations.

#### **Best Illumination**

Long & Foster Realtors, Ghent Office

Float Name: “The Greatest Showings on Earth-We Don’t Clown Around”



This is the third appearance for Long & Foster in the Parade. They received the “Best Commercial Float” award in 2003.

### **Best Commercial Float**

Metro Machine Corporation

Float Name: “Holiday Circus of Lights”

Featuring amenities of a three ring circus, this float also included a moving Ferris wheel. Metro Machine is a ship repair facility in the Berkley section of Norfolk. They are longtime supporters of St. Helena and Campostella elementary schools. Last year they were the recipients of the Best Illumination Award.

### **Best Non-Commercial Float**

Copeland Mills School of the Arts

Float Name: “Circus Train”

This float featured the award winning “Dance Magic Performing Arts Company”. They have performed at Disney World and on cruise ships.

### **1st Place High School Marching Band**

Great Bridge High School Marching Wildcats (Chesapeake)

For the second year in a row Great Bridge has won best High School marching band. The Great Bridge band program has earned the distinction of a Virginia Honor Band for several years in a row. The band is lead by band director Rob Carroll.



### **2nd Place High School Marching Band**

Granby High School Marching Band (Norfolk)

The band is lead by Band Director Steve Clendenin

### **3rd Place High School Marching Band**

Norview High School Marching Band (Norfolk)

The band is lead by Band Director Mike McDonald

### **1st Place “Balloonatics” Winner** *(most enthusiastic*

*Giant Helium Balloon Handlers):*

Team Bank of America, carrying the 30-foot “Giggles the Clown” balloon. Founded in 1921, Team Bank of America is a worldwide organization of bank associates and retirees, which is active in more than 26 countries.

### **2nd Place “Balloonatics” Winner**

HRSD Employees Association, carrying the 25-foot “Benjamin the Baby Whale” balloon. HRSD has a “whale” of a record protecting our environment winning national awards for outstanding compliance.

*Holidays in the City* is presented by Dillard's, supported by the City of Portsmouth, the City of Norfolk and *The Virginian-Pilot*. Holidays in the City is produced & managed by the Downtown Norfolk Council. The Downtown Norfolk Council is a private, not-for-profit membership organization comprised of businesses and individuals working toward a dynamic, attractive and prosperous downtown.

## **CITY OF NORFOLK 2006 OFFICIAL HOLIDAYS**

The following are the official 2006 holidays for the City of Norfolk as outlined in the City Code.

<u>Holiday</u>	<u>When Celebrated</u>
New Year's Day	January 2, 2006
Martin Luther King's Birthday	3rd Monday in January (January 16)
Washington's Birthday	3rd Monday in February (February 20)
Memorial Day	Last Monday in May (May 29)
Independence Day	July 4
Labor Day	1st Monday in September (September 4)
Veterans Day	November 10
Thanksgiving Day	4th Thursday in November (November 23)
Day after Thanksgiving	4th Friday in November (November 24)
Christmas Eve	One-half day, December 22
Christmas Day	December 25

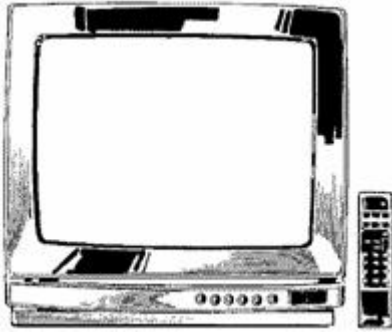
# **CITY UPDATES**

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## **HUMAN SERVICES**

**Now Playing on TV 48, The Norfolk Neighborhood Network.** The Department of Human Services presents *Human Services Forum*, a half-hour informational

program hosted by Jan Callaghan that explores the social issues that affect our community.



In December, the program celebrates the good works performed by Norfolk Human Services employees. Marilyn Scott is a Child Counselor at the Norfolk Juvenile Detention Center and one of three finalists for the 2005 City Employee of the Year award. Allison Pollack is one of more than a dozen City employees who assisted victims in the aftermath of Hurricane Katrina as an American Red Cross volunteer.

Plus the latest on how to get help with your heating needs in a time of crisis.

*Human Services Forum* can be viewed daily at 8:30 a.m. and 8:30 p.m. on Norfolk 's TV 48, online at [www.norfolk.gov.tv48](http://www.norfolk.gov.tv48) and on VHF Channel 7 WGBS-TV every Tuesday at 3:00 p.m. and 9:30 pm.

*Human Services Forum*. Tune in, get the facts and get involved!

**Virginia's Heart Gallery.** The Virginia Department of Social Services and agencies in Norfolk, Chesapeake, Portsmouth, Suffolk and Virginia Beach have partnered to coordinate Virginia's first *Heart Gallery*, featuring local children in foster care who are available for adoption.

Norfolk Botanical Garden is hosting this extraordinary exhibit by local professional photographers through Monday, Jan. 9, 2006.

At any given time in Virginia, more than 1,500 children are available for adoption. Virginia's Heart Gallery is a way to raise awareness about adoption and the need for adoptive families.

Norfolk Botanical Garden hours: Daily from 9 a.m. to 5 p.m.

Phone: (757) 441-5830

Or visit the Virginia Heart Gallery online at [www.heartgalleryva.org](http://www.heartgalleryva.org)

## LIBRARIES

### Holiday Schedule

#### Friday, December 23

All locations close at noon.

#### Saturday, December 24, Sunday December 25, & Monday, December 26

All locations closed on Christmas.

**Annual African-American Youth Art Contest Begins.** The Library's annual African-American Youth Art Contest began on December 1. Children of all ages are being asked to illustrate a scene from their favorite African-American book or poem and enter to win great prizes.

The contest is open to all students in grades pre-K through 12 who hold a valid Norfolk Public Library card. Entries will be accepted at all locations through February 13, 2006. An awards ceremony will be held in February during African-American History Month. Official guidelines and entry forms can be picked up at any NPL location. For more information, call Dudley Colbert, Chairman of the Library's African-American History Month committee, at 441-2852 or visit [www.npl.lib.va.us](http://www.npl.lib.va.us).

### **Alpha Seeds: Raising Your Child to be a Reader**



#### **Planting the Seeds of Life Long Learning Through Early Literacy.**

More and more we are discovering that parents, grandparents, guardians and other immediate caregivers are truly children's first and most important teachers. With this being true, who are best suited to plant the initial seeds of literacy? The Norfolk Public Library recognizes the role that parents and other caring adults play in helping their children become readers. To help parents work with their children in developing early literacy skills the library started a new initiative. Alpha Seeds: Raising Your Child to be a Reader.

### **What is Alpha Seeds?**

Alpha Seeds: Raising Your Child to be a Reader is a highly informative parent education program that provides vital information about the early development of a child's brain and how it relates to a child's future ability to become a lifelong reader and learner. According to Terry Wanser, Alpha Seeds facilitator, "The Alpha Seeds series is a great way for adults to learn the six early literacy skills that cultivate young readers. Each week a new skill is highlighted with simple techniques and strategies that parents and caregivers can work with their children everyday so that their children will be ready to read when they enter school."

In an effort to meet the needs of as many young children as possible, Norfolk Public Library has enlisted the aid of Dr. Marycarolyn France, former Norfolk Public Schools administrator in Compensatory Education as part of its outreach initiative. Dr. France visits schools, daycare centers and other agencies presenting this program to parents, grandparents and caregivers.

Alpha Seeds: Raising Your Child to be a Reader is modeled after the Public Library Association for Library Services to Children - Every Child Read to Read @ Your Library program. Librarians recognize that language, reading and writing

evolves with the introduction of six pre-reading skills that children must learn in order to learn to read. These six skills can help young children to start the learning process from birth. These important skills are:

**Narrative Skills** – Being able to describe things and event and tell stories.

**Print Awareness** – Noticing print, knowing how to handle a book and knowing how to follow the words on a page.

**Print Motivation** – Being interested in and enjoying books.

**Phonological Awareness** – Being able to hear and play with the smaller sound in a word.

**Letter Knowledge** – Knowing letters are different from each other, knowing their names, sound and recognizing letters everywhere.

**Vocabulary** – Knowing the names of things.

When children are exposed to a literacy rich environment filled with books and are read to regularly, they develop these skills. Alpha Seeds: Raising Your Child to be a Reader gives insight into the importance that each skill plays in relationship to brain development and how young children learn with interactive hands-on learning experiences that cultivate young readers.

### **How Does the Program Work?**

Alpha Seeds: Raising Your Child to be a Reader is a seven-week series offered Tuesday evenings at the Kirn Memorial Library. This program targets parents, grandparents and caregivers of babies, toddlers, pre-school children. Each program is 30 minute in duration emphasizing a different topic each week.

Topic includes:

- ☐ Growing a Brain
- ☐ ABC Fun
- ☐ Songs , Rhymes and Sounds
- ☐ Stories Together
- ☐ Finding Books They Love
- ☐ Book Awareness
- ☐ Vocabulary Games

Each week is packed with fun activities and a gift bag filled with early literacy materials. Participants get the chance to enter a quarterly drawing for a \$100.00 gift certificate to MacArthur Center and Family-Four Pack passes to local attractions. *No registration is needed and all programs are free and open to the public.*

**Library Receives Books For Child Care Provider Training.** To further the education of child care providers in our community, Norfolk Public Library has

received a special set of 30 books. A grant to the Library of Virginia from The Virginia Department of Social Services Division of Child Care Licensing made the purchase of this set of books possible. There are six adult titles and 24 children's titles in each set.

The Division of Child Care Licensing chose the books to help child care providers expand their knowledge of early literacy development, and to improve their ability to use children's books in the daily care of children from birth to three years of age. This effort coincides with a new state regulation that requires all child care providers to complete 16 hours of continuing education a year, up from the previous requirement of 8 hours. The Division of Child Care Licensing is working on a curriculum guide for the collection that will contain individualized lesson plans for self-study.

Some of the titles in the set are *Reading Begins at Home*, *A Good Start in Life*, and *Starting Out Right: A Guide to Promoting Children's Reading Success*. Children's books in the set include *Goodnight Moon*, *Read-Aloud Rhymes for the Very Young*, *On Mother's Lap*, and *If You Give a Mouse a Cookie*.

For additional information contact: Pat Muller, Children's and Youth Services Consultant, Library of Virginia, 804-692-3765 or Debra O'Neill, Training Coordinator, Virginia Department of Social Services, 804-726-7648 or Terri Raymond, Youth Services Coordinator, Norfolk Public Library, 757-664-7323 ext. 47348.

## **TV 48 NORFOLK NEIGHBORHOOD NETWORK**

**"A Cast in History" Goes to the Small Screen.** Norfolk's Neighborhood Network – Channel 48 will air "A Cast in History" which premiered at the Attucks Theater on October 6<sup>th</sup>. This examination of 300 years of African American history in Norfolk will air throughout the month of November. Notable historical figures whose lives and accomplishments have earned them a place in local and national history that are included in this historical piece are: Saul Matthews, a spy for the Continental Army during the Revolutionary War; Shadrach Minkins who escaped from Norfolk on the Underground Railroad and whose arrest in Boston was the first test case under the Fugitive Slave Act of 1850; and prominent Civil Rights leader Vivian C. Mason.

**Norfolk Perspectives on Location** is your backstage pass to many of the unique holiday offerings in Norfolk for you and yours. There is still plenty of time to enjoy the music, dance, theater, holiday lights and other attractions in Norfolk. View it on TV 48 or on the web ([www.norfolk.gov](http://www.norfolk.gov) and click on holiday events).

NNN has the Grand Illumination parade too, courtesy of WVEC-TV13.

Check the NNN schedule inside The Compass or online at [www.norfolk.gov](http://www.norfolk.gov) for air times and streams for all things Norfolk.

# **POLICE**

## **Chief Marquis Commends Personnel**

### **Patrol, Investigations on Target as Department Transitions**

*Portions reprinted from The Vigilant*

Providing the core services of patrol and investigations has been, and continues to be, the number one priority of the department throughout this transitional period. So far, we have been on target in meeting this objective. Our patrol cars have been manned; voluntary overtime has been an option; mandatory overtime has not been required. Though the loss of 89 officers\* has impacted each of us in one way or the other, the spirit in which employees have risen to the challenges of compensating for these vacancies and adjusting to the changes in leadership is commendable. The current number of vacancies in the patrol divisions has actually been higher at other times in our history. Thanks to each of you who has put forth extra effort to ease the transition and to ensure that this continuously evolving process serves the citizens and the department well.

As you know, 28 employees were recently promoted. Permit me to repeat my words of congratulations to these individuals as well as my expectation that each of them will provide the caliber of leadership needed to help us as the department transitions into a new era. It is these newly promoted personnel along with our more seasoned ranking officers whose duty it will be to positively influence the development of our increasingly younger cadre of officers. I delayed the promotional process for some months to emphasize staffing at the police officer level. If our needs so dictate, I expect to hold additional promotional interviews early in 2006.

Meanwhile, we continue to assess the way we do business. We are examining the entire organization and our processes. Accordingly, this transition will entail:

- Streamlining areas of operation as needed
- Continuously evaluating staffing levels
- Consistently performing with greater effectiveness and efficiency
- Working more closely with other city departments and recreational centers as part of the Safe Streets initiative
- Diversifying our scope as employees

Let me elaborate on this last point. We are expected to do more with less. Therefore, meeting these demands will clearly require that staff be more flexible and acquire a broad-based diversity of experience rather than remain locked in traditionally narrow scopes of responsibility. Moreover, because of the slight overall rise in crime, and particularly the higher homicide rate, citizens expect us to work

harder. Kudos to officers contributing to the success of Operation Triple Play and to all who continue efforts to remove the criminal element from our communities.

*NOTE: Recruitment efforts are going well. The department is now running double academies.*

\* (through retirement)

## **PROJECT UPDATES**

**13<sup>th</sup> View Boat Ramps.** Due to inclement weather during September and October, the scheduled completion date for the 13<sup>th</sup> View Boat Ramp will not occur until the end of January 2006. The City will continue to take every opportunity to expedite the work, the weather remains a critical factor in the timely completion of this project.

**Graydon Avenue Residential Parking Program.** At the request of residents of the 700 block of Graydon Avenue, Public Works conducted a study to establish permit parking along the block. As a result of the study, staff has recommended that a Residential Parking Permit Program (RPPP) be established with a maximum of two hours parking for non-residents. A small area of unregulated parking will be available at the west end of the street near Colley Avenue to accommodate parking for the adjacent businesses.

This recommendation was presented to the Youth, Education & Neighborhood (YEN) Committee on October 18<sup>th</sup> for consideration. The YEN Committee, in recognizing the diversity of land uses in the area, acknowledged the challenge in developing a permanent parking solution. The Committee supported staff's recommendation. In addition, the Committee requested that staff continue to examine permanent solutions that address the parking needs of the greater neighborhood.

Parking regulatory signs will be installed within three weeks. Enforcement of the new neighborhood parking program will commence 30 days following the posting of signs. Also, residents can begin purchasing decals the week of November 7<sup>th</sup>. Information advising the residents and businesses about the new regulation and decal purchase will be mailed next week.

**Monticello Avenue Parking Lot.** Scheduled improvements for the Monticello Lot which began this past week are part of the Division of Parking's annual maintenance program. The Monticello Lot is located on the corner of Monticello Avenue and Charlotte Street. This lot provides parking for approximately 250 monthly patrons during the day and serves as the primary parking facility for season pass holders of the Symphony, Broadway and Forum Series at Chrysler Hall.



Improvements to the lot include regrading and paving to address the deteriorating asphalt surfaces so as to improve drainage. The lot will be re-striped in a manner that will improve traffic flow and maximize the total parking area by adding an additional 30 spaces. Additionally, the project includes landscaping improvements on the Monticello Avenue side of the lot. These improvements will result in the removal of damaged trees that will be replaced during this year's winter planting season.

**Street Resurfacing Shutdown.** The FY06 Pavement Management Program enters its winter shutdown on Tuesday, December 6<sup>th</sup>. Production work will resume in April when the weather becomes warmer. If temperatures are consistently above 40 degrees for at least three days during the winter, it may be possible to resurface some of the areas in Rosemont and Snug Harbor. Remaining areas include Foxhall, E. 21<sup>st</sup> Street/Monticello, Huntersville, Kempsville, Lamberts Point/ODU, Norvella, River Oaks, Suburban Park, Wards Corner and Willoughby.

This year's resurfacing program was affected by higher asphalt (which is oil-based) prices. Bids received for the program were almost twice that of previous years, so the amount of resurfacing this year is less than in prior years. We will address this impact in the budgeting process, as we endeavor to maintain the number of lane miles of roads that are resurfaced each year.

## **PUBLIC HEALTH**

**FREE Abstinence-Based Toolkit.** The Norfolk Department of Public Health has a new supply of the very popular, *free, TALK-2-ME*, abstinence-based toolkit, designed to assist parents, as well as adults working with young people, in talking to 10 – 14 year-olds about important teen issues. While teen pregnancy rates have experienced a steady decline over the last ten years, the United States has the highest incidence of teen pregnancies in the industrialized world and teen pregnancy rates in Hampton Roads are amongst the highest in the state of Virginia. The innovative *TALK 2 ME Toolkit* was developed by the Virginia Department of Health's Virginia Abstinence Initiative and the American Institute for Research to help parents discuss important decision-making, life skills with their children.

The centerpiece of the *TALK-2-ME Toolkit* is a card game that features 40 different teen scenarios that the players (adults and young people) must resolve. The kit also features a CD with sample conversations between parents and their children. Early next year, a newly created *TALK-2-ME* video will also be available.

As with the previous distribution, these free toolkits are likely to go very fast. If you would like to order a toolkit(s) for your family or group, call the Norfolk Department of Public Health at (757) 683-8836.

## PUBLIC SCHOOLS



**Sewells Point Elementary & Northside Middle School Win Annual Read-A-Thon.** Some students read at night, others read on the bus, and some read at special after-school programs. Some read science fiction, others read mysteries, and others read historical stories. When it was all over, Norfolk Public School students had read over 5 million minutes in September as part of the Creating a City of Readers Read-A-Thon sponsored by Norfolk Public Library and Norfolk Public Schools.

When the tallies were counted, Sewells Point Elementary and Northside Middle School rose to the top, to win this year's Creating a City of Readers Read-A-Thon. Special congratulations go out to the students, staff, and parents of these schools for being named Norfolk's top reading schools in 2005.

On October 26, Dr. Jones, Superintendent of Norfolk Public Schools, Angela Wiley, Read-A-Thon Committee Chairwoman, and Tia Freeman, Public Relations Specialist for Norfolk Public Library presented the winning schools with a banner. The total reading minutes were 5,082,389 and a total of 9,478 students participated. All Norfolk Public Schools participated in the Read-A-Thon.

The achievement of Sewells Point Elementary and Northside Middle students will be recognized with nameplates inside \$5,000 worth of books donated to the Norfolk Public Library by the Landmark Communications Foundation. These books will be selected to enhance and encourage scholastic reading for the children's and youth departments in local branch libraries.

For the first time, all students that participated in the Read-A-thon were entered in a drawing to receive a \$100 gift certificate to a toy or game store. One elementary student and one middle school student won a gift certificate. This is the 11th year Norfolk Public Library and Norfolk Public Schools have held this event.

### **Job Announcement: SCHOOL CROSSING GUARD (Position #3235)**

Location: Special Enforcement Division, Traffic Unit – Assigned to school crossing as needed. One of three shift assignments – Mon. –Fri., 7:05 a.m. to 8:05 a.m. and 2:05 p.m.; 7:30 a.m. to 8:30 a.m. and 2:30 p.m. to 3:15 p.m.; or 8:20 a.m. and 3:10 p.m. to 3:55 p.m.

Description: Ensuring safe crossing of school children at designated corners at the beginning and end of each school day.

#### **Essential Functions:**

- ☐ Gathers and controls children at crossing.



- ☐ Signals traffic to stop/proceed in order to put children across the streets safely. Must be able to see and hear traffic, observe the color changes of lights, and judge the distance and safe speed of vehicles in order to allow safe stopping distance.
- ☐ Identifies and reports unsafe conditions or illegal activities at or near assigned locations.
- ☐ Represents the Norfolk Police Department before the public.
- ☐ Secures warrants, testify in court on rare occasions related to unsafe practices.

**Education/Experience:**

Requires equivalent to graduation from high school and any combination of training and experience to maintain order and safe conditions for school students at assigned street crossings.

SALARY:	\$ 10.05/Hr.
DEPT./BUREAU:	Police/Field Operations
CLOSING DATE:	Dependent Upon Applicant Response

## **STORM WATER MANAGEMENT**

**Storm Water Engineer Presenter at International Conference.** Norfolk's Storm Water program received international attention in August when Buz Rhees and several consultants presented the City's plan for managing storm water projects to a GIS users conference in San Diego. Rhees and representatives from contractor Clark Nexsen presented Norfolk's progressive plan to integrate data, mapping and modeling to bring greater efficiency, accuracy and flexibility to storm water management.

The work has already produced a prioritized list of capital improvements projects and will ultimately allow engineers to run "what if" scenarios to improve drainage problems. The comprehensive system will include both engineering data and environmental concerns like soil type and drainage paths. It was the first time the City had presented a seminar at this conference, which brought together about 13,000 GIS professionals and engineers from 130 countries.

**Storm Water Installs New Pumps.** The major work of this summer's downtown pump station renovation has been completed, bringing the facility back to full capacity and enhancing its electrical system. Crews replaced all three pumps, rebuilt the motors, and fixed corroded discharge pipes. A temporary pump, installed to compensate for lost capacity during the repairs, has been removed. The upgrades wrapped up just in time for the height of the hurricane season and the threat of heavy wind and rain from Hurricane Ophelia.

The pump station, on Boush St. at City Hall Ave., prevents Norfolk's downtown from flooding during heavy storms by pumping up to 100,000 gallons of water per minute into the Elizabeth River. The Army Corps of Engineers, which built the station 38 years ago, recently completed a routine inspection of the station and the surrounding flood gates. "We passed with flying colors," Supervisor Ray Snedecor said.

The remaining work in the \$1 million renovation project includes the installation of a heating and cooling system and the construction of a climate-controlled room for the station's computerized electrical system. The system controls the operation of the pumps and alerts supervisors when the tide in the Elizabeth River reaches unusually high levels. This alert system puts Storm Water a step ahead of the wind, giving crews time to close flood gates to prevent flooding in the downtown area.

**Storm Water Restores A Wetland In Lenox Area.** After three years of planning, designing and working with scientists, engineers and contractors, a muddy and overgrown acre of land nestled between houses on Granby St. at Bay Ave. has been transformed into a vibrant wetland. The project was made possible by a \$100,000 matching grant to the Division of Storm Water Management from the Department of Conservation and Recreation.

Storm Water selected the Lenox area based on water testing that indicated high levels of sediment flowing into Oasts Creek from the Northside neighborhood. The newly restored wetland acts as a flood plain, slowing down the flow of storm water while grasses filter out sediment and pollutants. The result is cleaner water entering Oasts Creek and the adjoining Mason Creek, and a unique oasis for Northside residents.

## ZOO



**Virginia Zoo Welcomes Five Little Pigs.** The Virginia Zoo welcomes five new pigs to the Zoo family. The four-month old pigs appeared in their new Barnyard exhibit on November 26. Two of the pigs are female Mulefoot hogs. This breed has a soft hair coat, medium ears that flop over and a solid hoof that resembles that of a mule. The Mulefoot is one of the rarest of American swine breeds. They are listed as a critical breed with the American Livestock Breeds Conservancy with fewer than 200 pigs in annual registration.

The three remaining pigs are Guinea Forest Hogs. The male and two females have bristly hair, a long tail, and pointed ears. Guinea Forest Hogs originated on the

Guinea coast of Africa. At one time they were common homestead pigs in the southern U.S., but are now practically unknown.

Both the Mulefoot and Guinea Forest Hog breeds are considered Heritage or Minor breeds. Preservation of these breeds is important because they represent a part of our rural agriculture past and also a source of genetic diversity.

The Virginia Zoo is open 10 a.m. to 5 p.m. daily and located at 3500 Granby Street in Norfolk. Daily admission prices are \$6.00 for adults, \$5.00 for seniors (age 62 and over), and \$4.00 for children ages 2-11. Visit [www.virginiazoo.org](http://www.virginiazoo.org) or call (757) 441-2374 for more information.

## UTILITIES

*Cold weather and freezing temperatures can mean broken water pipes and costly repairs to your home. But you can prepare for the onslaught of winter and avoid property damage by following these tips for keeping pipes safe and warm during the coming cold weather.*

## Cold Weather Water Tips: Protect those Pipes

- . **Locate your shut-off valve**, so that you can turn your water off quickly if your pipes do break.
- . **Eliminate drafts** by plugging cracks, fixing broken windows, covering or closing open air vents, and closing all windows and doors near your pipes.
- . **Insulate all your pipes**, and be sure to replace wet insulation.
- . **Disconnect and drain all garden hoses**, and consider putting an insulating cover over the outside spigots.
- . **Check your meter box cover**. Make sure it is closed. If it is broken, displaced, or missing, call the Department of Utilities at 664-6700.
- . **When low temperatures are predicted**, let a thin trickle of water run from the faucet at the highest level in your house.
- . **If your pipes do break**, immediately turn your water off at the shut-off valve.
- . **Remember, thawing frozen pipes is dangerous** and could cause extensive damage. Call a plumber if your pipes freeze; never try to thaw pipes with an open flame.

# IN THE COMMUNITY

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## **COLDER WEATHER TELLS VIRGINIANS TO “GET READY FOR WINTER”**

With the mild winters Virginia has experienced recently, it's easy to forget the dangers that face you and your family during severe winter weather. Ice storms and blizzards can knock down power lines, freeze water pipes, prevent you from traveling and create deadly driving conditions. Now is the time to "Get Ready For Winter" before severe weather arrives.

"If a major winter storm were to hit your area, you might need to stay in your home without utilities for several days," said Michael Cline, state coordinator for the Virginia Department of Emergency Management. "It's vital that you have the food, water, medicine and emergency supplies that everyone in your home would need during that time. It's also important that everyone knows how to be safe outside and drive safely on the roads during winter weather."

VDEM has created the "Get Ready for Winter" section of its Web site at [www.vaemergency.com](http://www.vaemergency.com) to help you learn more about potential hazards and how to prepare for them. Below are some of the most important things to know:

### Key Supplies to Have at Home

- You should have at least a three-day supply of food that won't spoil and three gallons of water per person, a battery-powered radio, a flashlight, extra batteries and a first aid kit.
- If people in your home need prescription or over-the-counter medicines, have an extra supply of those as well.
- Plan for those with special needs that might need to stay in your home without utilities after a storm. Those with special needs could include the elderly, the disabled and the medically frail.

### Cold Temperatures

- Pay attention to the wind chill temperature in weather forecasts. As the wind increases, it draws heat from the body, making it feel much colder. For example, if the temperature is zero and the wind is blowing at 15 mph, the wind chill is 19 below zero. At this wind chill temperature, exposed skin can freeze in 30 minutes.
- Wear loose fitting, lightweight, warm clothing in several layers. Outer garments should be tightly woven, water repellent and hooded.
- Wear a hat, as half of your body heat is lost through the top of your head. And, mittens that are snug at the wrists are better than gloves.
- Don't stay outside for extended periods in the cold.

### Shoveling Snow

- Shoveling snow is surprisingly hard on your body. Research has shown the energy used to shovel snow is similar to playing singles tennis or speed walking at 5 mph. If there is any reason that shoveling snow might be dangerous for you, such as a heart condition, consult your doctor before picking up a shovel.

### Road Safety

- Tell someone at home (a friend, relative or co-worker) you are taking a trip, where you are going, the routes you will travel and when you expect to arrive.
- Before you leave town, fill your gas tank. While traveling, frequently refill the gas tank.
- Don't get on the road without a winter travel survival kit. Your kit should include items such as a cell phone, blankets or sleeping bags, water, high-calorie foods that don't require refrigeration or cooking, a flashlight with extra batteries, and a first aid kit.
- If your vehicle breaks down, pull as far off the road as possible. Your greatest personal danger at this point is being hit by passing cars.
- Stay in the car if visibility is poor. You may become disoriented and lost while wandering in a snowstorm, making it more difficult for rescuers to find you. If you have a cell phone, call for help.

### Keeping Warm

- Make sure your walls and attic are properly insulated. Caulk and weather-strip doors and windowsills to keep cold air out. Install storm windows or cover

windows with plastic from the inside. Protect pipes from freezing by wrapping them in insulation and letting faucets drip a little.

- Fireplace and wood stove chimneys should be inspected annually. Burning wood leaves a flammable residue inside the chimney, which needs to be cleaned by a professional.
- Consider buying emergency heating equipment, such as a wood- or coal-burning stove or a kerosene heater. Having a backup heating source is important if you lose power in your home.
- Kerosene and propane heaters should be kept at least three feet away from any combustible substance like furniture, blankets and rugs. They should be set on an uncarpeted floor and supervised at all times. Never substitute one type of fuel for another.
- Wait for a heater to cool before refueling it. Kerosene can cause a fire if it comes into contact with a hot surface.
- Generators should always be operated outdoors. Do not operate generators in any space that is even partially enclosed like a garage, crawl space or basement. Open windows and fans do not provide enough ventilation to prevent the build-up of carbon monoxide gas.

Additional information about how to "Get Ready for Winter" is available at [www.vaemergency.com](http://www.vaemergency.com).

## **HERMITAGE FOUNDATION WINS GRANT FROM THE NORFOLK FOUNDATION**

*SEEKS ADDITIONAL PUBLIC SUPPORT FOR ELECTRICAL PROJECT*

The Norfolk Foundation awarded \$50,000 in matching funds to The Hermitage Foundation in support of power distribution upgrades to the historic house's antiquated electrical system. Last upgraded in the 1930's, the 180 amp electrical system is no longer sufficient to meet the demands of a growing organization. The Hermitage Foundation is striving for a complete upgrade of the electrical system to take part in two phases. Phase I is to include rewiring of the interior of the house, and Phase II will add outdoor lighting to the facility, allowing The Hermitage to provide tighter security in addition to extending the possibilities for after-hours events.

The Hermitage Foundation is seeking public support for the project which has an estimated total cost of \$400,000 for both phases. The cost of Phase I is \$186,936 toward which The Norfolk Foundation will award \$50,000 once the remaining \$136,936 has been secured through cash or in-kind service. "The current electrical system supports a computer network, a security monitoring system, the house lighting, and five air-handlers, which are necessary for protecting the Collection



against damaging humidity,” says Executive Director, Melanie Mathewes. “After a two-year restoration of the Music Room following a fire sparked by chemical combustion, we are more aware than ever of potential fire hazards. Electrical wiring from the 1930’s presents a risk to the house and the Collection that we cannot ignore.”

Construction on the former Sloane family home first began in 1907 as a five-room summer cottage. By the end of the 1930’s, with the Sloane family living full-time at the residence, the house was expanded to its final 42 rooms. The Hermitage Foundation was established by the Sloanes in 1937, and the doors of the family home were opened as a museum in 1942 to present a collection of art and furniture from around the world. Through public and private support, The Hermitage Foundation Museum protects the Sloane family history and Sloane Collection and continues to provide public access to The Hermitage.

Contributions toward the electrical upgrade at The Hermitage Foundation are tax deductible and can be made to The Hermitage Foundation, a 501 (c)(3) organization.

*The Hermitage Foundation Museum is open daily 10-5, Sundays 1-5—closed Wednesdays. Free for Museum Members, under 6, and Active Duty military. Admission: \$5, \$2 for ages 6-18, and \$3 for students. For more information call 757-423-2052 or visit [www.thfm.org](http://www.thfm.org).*

## **BEATING THE HOLIDAY BLUES**

*Presented by Community Services Board*

Whatever our beliefs and traditions, the winter holidays are heartfelt and full of promise. Our families will be together and happy; the children will be grateful and good; our partners will be gracious mind readers; we will have enough time and enough money; our spirits will be filled with peace and love. Or not.

More likely, say the experts, the common holiday experience of adults and children alike will be stress. Forty-one percent polled by Dateline NBC and Prevention magazine owned up to holiday stress, ranking it right up there with asking the boss for a raise. Money was the chief cause of stress, and women were more likely than men to feel holiday pressure. In spite of it all, however, 62% say they still look forward to the holidays.

The following suggestions can help to make the holidays a little less stressful and blue, and a lot more enjoyable.



- Keep holiday expectations realistic. Remember, those idyllic holiday movies and television programs are fictional, so don't try to capture them in real life.
- Maintain traditions that you enjoy and that do not increase your stress level. Give yourself permission to set aside an occasional evening for fun, such as driving around to see the holiday lights other people have put up for your viewing pleasure. There is no need to compete. Just enjoy.
- Defy tradition! Try something new! Celebrate the holidays in a new way. Recognize that life brings change. The holidays don't need to be just like they were in the past to be enjoyable. Develop some new family traditions. Celebrate the holidays in a way you have not done before.
- Take the lead. If you are in new circumstances and know that the holidays may be hard. Don't wait to see what happens—make something happen. Create the holiday you want by making plans. Get involved and take action.
- Consider a small ritual of remembrance if you are dealing with loss of a loved one. Put out favorite photographs and light a candle before them. Intentionally remember those people not present. Tell fun stories about them or say a prayer for them at a meal to bring them into the celebration.
- Do not even consider trying to do everything yourself . . . Spread those holiday responsibilities among all family members. The only people who get everything done they had hoped to do are the ones who have a large staff of paid helpers.
- Don't overbook activities and events. There are still only 24 hours in a day, and you still have a finite amount of energy. Use your time and energy where it will assure the greatest pleasure.
- Don't overspend. Plan a holiday budget and stick to it. Overspending causes stress not only during the holidays, but for months afterward as the bills pile up. Inexpensive gifts can be meaningful, too.
- Keep your boundaries and sense of perspective when visiting family. The magic of the season probably does not extend to making an ideal family of relatives who did not get along before the holidays.
- Keep your sense of humor. . . . It is still the best medicine. Those things you cannot control—the flour that flew all over the kitchen when you opened it, the cookies the dog ate while they were nice and warm—can be a cause for laughter. If not this year, then perhaps by next year.

- If all else fails, remember that the holidays don't last forever, and even this one will pass before long. People will remember the things you did do and will not know about the ones you never got around to.

## **RECOVERY IS NOT A DIRTY WORD, NEITHER IS RELAPSE**

*The holiday season can be stressful for everyone, and people in recovery are more vulnerable to relapse at this time of year. To make the holidays recovery days, read on.*

The holidays present many unforeseen opportunities to drink and use drugs. The holiday season cultivates a variety of intense emotions that might not be felt at other times of the year.

Remind loved ones that they are not alone in their desire for a clean and sober holiday season. In private, offer your assistance in preventing relapse. Remind them to ask for help before taking that first drink, puff or sniff.

Many of us know people who are in recovery from a wide range of substances, including nicotine. If a person shares this fact with others, his or her family, friends and co-workers are encouraged to inquire into the potential for relapse. Discussing this topic may feel awkward. Yet, addiction is a disease and recovery is the treatment for it.

Discussing issues surrounding recovery is no different from discussing progress in the treatment of heart disease, diabetes or other illnesses.

### *High-Risk Situations and Vulnerable States of Mind*

Persons in recovery should create plans of action for when high-risk situations occur, *because high-risk situations will occur*. High-risk situations are events that trigger an urge to use drugs, nicotine, or alcohol. It can be as simple as someone offering an alcoholic beverage, a pull of marijuana, or a sniff of cocaine or heroin.

High-risk situations may present themselves as intense internal emotions—feelings of anxiety, irritation, frustration or disappointment. Emotions such as joy, excitement, or enthusiasm are also intense and often precede the use of drugs or alcohol. All of these emotions create potentially vulnerable states of mind.

### *Checklist for Relapse Potential*

- Increased exposure to alcohol and drugs at parties and family gatherings
- Added financial burdens of the season
- Exposure to larger crowds in malls, shopping centers and grocery stores

- Disruption of normal daily routine
- Disruption in ability to exercise
- Interference with AA, NA and other support group meetings
- Disruption in access to therapist
- Increased exposure to high-risk family members or active users
- Heightened emotions surrounding negative holiday memories
- Heightened anxiety regarding triggers and cravings to use

These factors can lead to physical and emotional exhaustion. The severity of each of these factors will be different for each person, yet each must be addressed.

- If three items are indicated as potential problems, the risk of relapse is *mild*.
- Four to six items indicate a *moderate* risk.
- Seven or more items indicate a *severe* risk of relapse.

Sharing this checklist is one way of letting loved ones know that you care and are willing to help. No one has to relapse. When relapse is avoided, motivation and self-confidence grow.

### *Commend Progress Do Not Glamorize Substance Abuse Make No Permission-Giving Statements*

Holiday get-togethers are perfect occasions to privately acknowledge any observed growth and progress witnessed by you or others. It is important not to glamorize addictive behaviors (describe drinking or using drugs as “cool” or “fun”), and never make permission-giving statements, such as:

- *C'mon, just one drink won't hurt.*
- *It's just beer (wine, eggnog, champagne).*
- *Have a glass with dinner. Just eat something and you'll be OK.*
- *Oh, you can have a toast with us.*
- *It's the holidays. You can stop if you want to.*
- *Don't worry, I won't let you get drunk.*

These and similar comments can undo a lot of hard work by the person in recovery. Come to their aid if a family member, friend or guest makes such a comment. Tell them in a calm, straightforward manner that such comments are not

appropriate. Remind the person making the offer that such comments are counterproductive.

One of the greatest sources of strength can be for you to join the person in recovery in adopting a personal no drinking, smoking or drug-taking policy. First of all, there is an added health benefit for anyone who refrains from the use of these substances. Also, the person in recovery will not feel isolated, especially if there are family members or guests drinking, smoking or using drugs.

### *Refusal Responses*

Refusal responses provide for healthy alternative behaviors that are helpful in working through the urge or temptation to use drugs or alcohol.

People in recovery are encouraged to create their own customized refusal responses, based on past experiences and personal interests. This gives the refusal response special meaning. Following are examples of common refusal responses.

#### Seven Refusal Responses to High-Risk Situations and Vulnerable States of Mind

- 1 . “You’ve come so far in your treatment. Don’t blow it now. Let’s go to the mall and catch a sale.”
- 2 . “We don’t need drugs or booze to have fun. I’m bored too. Let’s go watch the football game.”
3. “Only guilt and shame will result from using drugs or alcohol. You really don’t want that. Let’s go listen to some good music.”
4. “This urge will only last fifteen to thirty minutes. Let’s go do something else.”
5. “If you’re feeling anxious, maybe your blood sugar is low. Let’s get some ice cream.”
6. “Let’s go rent a video or go to a movie. Mood-altering substances are a waste of time, money and energy.”
- 7 . “Don’t forget the harmful effects alcohol, cocaine and heroin have on the brain, heart and liver. Let’s be kind to our bodies and take a walk on the beach or a hike in the woods instead.”

## **KEEPING LITTER OUT OF THE ELIZABETH RIVER**

Litter and debris entering the river are a persistent and difficult problem to address. These types of pollutants enter our rivers and lakes from several sources, one of which is the storm drainage system. Direct runoff enters the river from the pump station located downtown. Other sources include watercraft and blowing debris. There is no treatment of storm water, consequently much of which goes down the storm drains will eventually end up in a river or the Bay.

Controlling this problem is very difficult and can only be achieved through citizen awareness of the need to keep debris out of the drainage system. This can be accomplished by not littering and not allowing litter to enter drainage ditches and pipes.

Several measures are in place to minimize the debris that is discharged by the pump station located adjacent to Nauticus and to promote a clean waterfront. Prior to the storm water entering the downtown pump station, a trash rack collects large debris items.

This rack is cleaned on a periodic basis to prevent the storm water system from becoming blocked. The wet well inside the station is also cleaned periodically to help prevent litter and sediment from being discharged into the river. In addition, a crew from Public Works' Environmental Storm Water Management Division picks up any floating debris around the station every two weeks. Approximately one year ago, a floating boom was installed under the boardwalk to prevent debris from accumulating on the rocks near the USS Wisconsin. The City has looked into running a trash skimmer operation and will continue to explore this option, however it is difficult to find a piece of equipment that can operate effectively along beaches and rip-rapped structures. In addition, such pieces of equipment are expensive to operate and maintain.

These functions of the Environmental Storm Water Management Division are part of its two-fold mission to reduce not only flooding but also pollution throughout Norfolk. In addition to keeping the city drainage system functioning properly, Storm Water Management also strives to maintain a clean and environmentally responsible Norfolk by educating and enforcing City codes pertaining to environmental protection.

Citizens are also encouraged to help prevent litter by using litter baskets, bagging residential refuse they put in garbage containers, and collecting

miscellaneous trash in their neighborhood. City crews sweep the city streets on a regular basis.

The Downtown Business Improvement District managed by the Downtown Norfolk Council (DNC) has purchased 150 litter baskets for downtown. DNC's ambassadors sweep downtown sidewalks on a daily basis, collecting approximately 100 tons of debris a year from the sidewalks alone. City crews collect the litter baskets and downtown refuse containers on a daily basis.

Litter prevention and control are implemented as part of Keep Norfolk Beautiful's (KNB) effort to engage citizens in environmental stewardship activities throughout the City. The KNB program coordinates numerous volunteer litter pickups throughout the year to help keep our waterways clean and helps organizations develop partnerships and creative solutions to address persistent litter and other environmental issues. More information about their efforts is available at the Ernie Morgan Environmental Action Center, located in Lafayette Park next to the Virginia Zoo, or by calling 441-1347. KNB can also be reached through its website at [www.norfolkbeautiful.org](http://www.norfolkbeautiful.org).

## **HURRAH PLAYERS DISCOVER LATEST STAR SINGING IN CITY'S MONTICELLO GARAGE**

If you're ever in the Monticello City Parking Garage (at the corner of Freemason and Monticello) and hear majestic, joyful singing that fills the entire structure, you're hearing the incredible tones of Garcia Ortiz, a maintenance worker for the City's Parking Division. Ortiz has been singing while she works at the Monticello garage for the past 15 years.

And now, Garcia takes center stage as a guest performer in the Hurrah Players production of Holidays in Virginia. After hearing her incredible voice for several years Hugh Copeland, director of the Hurrah Players, approached Garcia in the garage and invited her to perform with the company for their holiday revue. "Garcia not only has an incredible voice", states Copeland "but each morning she greets you with a smile and big hello that puts the world in the right frame of mind. We are honored and delighted that she'll be joining us." She is active with the Calvary Chapel as a worship leader and is the mother of two.

Don't miss Garcia and the all the talented Hurrah Players in their upcoming performance Holidays in Virginia playing December 9th at 7:00pm and December 10th and 11th at 3:00pm. Performances are at TCC Roper Performing Arts Center.

## **HEALTHWATCH SCRIPT FROM TV48**

NOVEMBER 2005 IS A MONTH FULL OF NATIONAL HEALTH OBSERVANCES THAT FOCUS ON RESPIRATORY AND LUNG HEALTH. IT IS THE TIME THAT WE ACKNOWLEDGE LUNG CANCER AWARENESS MONTH, CHRONIC OBSTRUCTIVE



PULMONARY DISEASE -- COPD -- AWARENESS MONTH, PULMONARY HYPERTENSION AWARENESS MONTH AND THE GREAT AMERICAN SMOKEOUT.

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THESE ARE IMPORTANT OBSERVANCES BECAUSE – AS THE LUNG CANCER ALLIANCE REPORTS – LUNG CANCER CAUSES MORE CANCER DEATHS IN AMERICA THAN ANY OTHER CANCER. THE ALLIANCE FURTHER STATES THAT OVER SIXTY PER CENT OF NEW LUNG CANCERS ARE DIAGNOSED IN PEOPLE WHO NEVER SMOKED OR WHO MANAGED TO QUIT SMOKING -- EVEN IF THEY STOPPED SMOKING DECADES AGO.

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THE AMERICAN CANCER SOCIETY REPORTS THAT, SMOKING IN THE U.S. CAUSES ONE IN FIVE DEATHS FROM ALL CAUSES. STILL, AN ESTIMATED 46 MILLION ADULTS IN THE UNITED STATES CURRENTLY SMOKE. APPROXIMATELY HALF OF THESE SMOKERS WILL DIE PREMATURELY FROM SMOKING. THE AMERICAN CANCER SOCIETY ALSO ADVISES THAT EIGHTY PER CENT OF LUNG CANCERS ARE THOUGHT TO RESULT FROM SMOKING.

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IN 1977, THE AMERICAN CANCER SOCIETY BEGAN THE GREAT AMERICAN SMOKEOUT – A NATIONAL EVENT THAT, FOR MORE THAN TWENTY-FIVE YEARS, HAS ENCOURAGED SMOKERS ACROSS THE COUNTRY TO STOP SMOKING. THE AMERICAN CANCER SOCIETY HAS DELIVERED THIS IMPORTANT MESSAGE THROUGH RALLIES, PARADES, PROMOTIONAL STUNTS, THE DISTRIBUTION OF SMOKING CESSATION MATERIALS, AND EVEN "COLD TURKEY" MENU ITEMS IN SCHOOLS, WORKPLACES, IN LEGISLATIVE HALLS AND ON THE MAIN STREETS OF AMERICA.

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**PLEASE JOIN ME IN WELCOMING TO OUR STUDIOS TODAY TRACY MUNOZ, MISSION DELIVERY MANAGER, SOUTH ATLANTIC DIVISION, AMERICAN CANCER SOCIETY OF HAMPTON ROADS. WELCOME TO HEALTHWATCH!**

**THE AMERICAN CANCER SOCIETY WEBSITE REFERS TO SMOKING AND OTHER TOBACCO USE AS ACQUIRED BEHAVIORS. WHAT DOES THAT MEAN AND HOW IS THAT IMPORTANT TO LUNG CANCER?**

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AN ACQUIRED BEHAVIOR IS ONE THAT AN INDIVIDUAL CHOOSES TO DO. THIS IS IMPORTANT IN OUR EFFORTS TO PREVENT LUNG CANCER – AND OTHER



FORMS OF TOBACCO-RELATED CANCERS -- BECAUSE CIGARETTE SMOKING IS THE MOST PREVENTABLE CAUSE OF PREMATURE DEATH.

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### **WHY DON'T YOU EXPLAIN THIS TO US BY THE NUMBERS?**

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CIGARETTE SMOKING KILLS MORE AMERICANS THAN ALCOHOL, AUTOMOBILE ACCIDENTS, SUICIDE, AIDS, HOMICIDE, AND ILLEGAL DRUGS COMBINED. EVERY YEAR, SOME FOUR-HUNDRED THIRTY-FIVE THOUSAND PEOPLE DIE IN THE UNITED STATES BECAUSE OF TOBACCO USE. FURTHER, SOME FIFTY PER CENT OF AMERICANS WHO CONTINUE TO SMOKE WILL DIE BECAUSE OF THE HABIT.

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### **THE AMERICAN CANCER SOCIETY AND OTHER AGENCIES DO A PRETTY EFFECTIVE JOB IN GETTING THE WORD OUT ABOUT THE DANGERS OF SMOKING, SO WHY DO PEOPLE CONTINUE TO SMOKE?**

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THERE ARE MANY SOCIAL, EMOTIONAL,, PSYCHOLOGICAL, AND EVEN CULTURAL REASONS WHY PEOPLE BEGIN AND CONTINUE TO SMOKE. THE REGULAR USE OF TOBACCO PRODUCTS LEADS TO A SERIOUS ADDICTION IN A HIGH PROPORTION OF THESE SMOKERS.

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### **AND WE'RE TALKING ABOUT ADDICTION TO NICOTINE, AREN'T WE?**

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YES, NICOTINE IS THE DRUG IN TOBACCO THAT CAUSES THE ADDICTION. THE PHARMACOLOGICAL AND BEHAVIORAL PROCESSES THAT LEAD TO TOBACCO ADDICTION ARE SIMILAR TO THOSE OF SUCH DRUGS AS HEROIN AND COCAINE. IT IS A POWERFUL SUBSTANCE. ALTHOUGH SEVENTY PER CENT OF SMOKERS WANT TO QUIT AND THIRTY-FIVE PER CENT OF SMOKERS TRY EACH YEAR, FEWER THAN FIVE PER CENT SUCCEED. BUT THERE ARE SUCCESSFUL SMOKING CESSATIONS PROGRAMS OUT THERE AND WE HAVE THOSE KIND OF RESOURCES LISTED ON OUR WEBSITE.

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### **SOUNDS LIKE A GOOD TIME, TRACY, TO GIVE YOUR WEBSITE ADDRESS.**

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THE AMERICAN CANCER SOCIETY WEBSITE ADDRESS IS: [WWW.CANCER.ORG](http://WWW.CANCER.ORG).

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### **SO WHO IS THE AVERAGE SMOKER?**

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AS YOU STATED EARLIER, SOME 46 MILLION AMERICANS SMOKE. THAT REPRESENTS TWENTY-TWO POINT FIVE PER CENT OF ALL ADULTS, TWENTY-FIVE POINT TWO PER CENT OF ALL MEN, AND TWENTY PER CENT OF ALL WOMEN -- OR ONE OUT OF EVERY FOUR AMERICANS.

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### **YOU GUYS HAVE A BIG JOB AHEAD OF YOU! WHAT ELSE CAN YOU TELL US ABOUT THE AVERAGE SMOKER?**

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WELL, AS FAR AS CULTURAL AND SOCIAL PARAMETERS ARE CONCERNED, SMOKERS COMPRISE TWENTY-THREE POINT SIX PER CENT OF WHITE AMERICANS, TWENTY-TWO POINT FOUR PER CENT OF AFRICAN AMERICANS, SIXTEEN POINT SEVEN PER CENT OF HISPANICS, THIRTEEN PER THREE PER

CENT OF ASIAN AMERICANS AND FORTY PER EIGHT PER CENT OF NATIVE AMERICANS AND ALASKAN NATIVES.

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### **WHAT ABOUT YOUNG PEOPLE?**

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ALARMINGLY, 29 PERCENT OF YOUNG AMERICANS – PERSONS AGE EIGHTEEN TO TWENTY-FOUR YEARS OLD – CURRENTLY SMOKE. IN 2003, TWENTY-ONE POINT NINE PER CENT OF HIGH SCHOOL STUDENTS SMOKED – WHITE AND HISPANIC STUDENTS WERE AMONGST THE HIGHEST NUMBERS OF SMOKERS IN THIS GROUP.

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### **OK! LET'S TALK ABOUT THE HEALTH EFFECTS OF SMOKING. WE ALL KNOW THAT SMOKING IS A GREAT CONTRIBUTOR TO LUNG CANCER. WHAT OTHER CANCERS OR ILLNESSES CAN BE CONTRIBUTED TO SMOKING?**

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CIGARETTE SMOKING ACCOUNTS FOR AT LEAST THIRTY PER CENT OF ALL CANCER DEATHS. IT IS A MAJOR CAUSE OF CANCERS OF THE LUNG, THE LARYNX – THE VOICE BOX, THE PHARYNX – THE THROAT, THE MOUTH, AND THE ESOPHAGUS. IT IS ALSO A CONTRIBUTING CAUSE IN THE DEVELOPMENT OF CANCERS OF THE BLADDER, PANCREAS, LIVER, UTERINE CERVIX, KIDNEY, STOMACH, COLON AND RECTUM, AS WELL AS SOME LEUKEMIAS.

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### **THAT'S QUITE A LONG LIST OF SMOKING-RELATED CANCERS. WHAT OTHER ILLNESSES CAN BE ATTRIBUTED TO SMOKING?**

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CANCER ACCOUNTS FOR ONLY HALF OF ALL SMOKING-RELATED DEATHS. SMOKING IS ALSO A MAJOR CAUSE OF HEART DISEASE, ANEURYSMS, BRONCHITIS, EMPHYSEMA, AND STROKE AND CONTRIBUTES TO THE SEVERITY OF PNEUMONIA AND ASTHMA.

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SMOKING HAS ALSO BEEN LINKED TO A VARIETY OF OTHER HEALTH PROBLEMS. SUCH AS CATARACTS, HIP FRACTURES, AND PEPTIC ULCERS.

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### **TRACY, WOMEN IN THEIR CHILD-BEARING YEARS SHOULD BE PARTICULARLY CONCERNED ABOUT THE DANGERS OF SMOKING, SHOULDN'T THEY?**

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ABSOLUTELY! TOBACCO HAS A DAMAGING EFFECT ON A WOMAN'S REPRODUCTIVE HEALTH. IT IS ASSOCIATED WITH REDUCED FERTILITY AND INCREASED RISK OF MISCARRIAGE, PREMATURE BIRTHS, STILLBIRTH, AND LOW BIRTH WEIGHT BABIES. SMOKING HAS ALSO BEEN LINKED TO SIDS – SUDDEN INFANT DEATH SYNDROME.

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### **THERE HAS ALSO BEEN MUCH SAID ABOUT SECOND-HAND SMOKE. WHAT CAN YOU TELL US ABOUT THE DANGERS OF SECOND-HAND SMOKE?**

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WHEN NONSMOKERS ARE EXPOSED TO SECONDHAND SMOKE -- ALSO KNOWN AS ENVIRONMENTAL TOBACCO SMOKE -- OR ETS -- IT IS CALLED INVOLUNTARY SMOKING OR PASSIVE SMOKING. ETS IS A COMBINATION OF TWO FORMS OF SMOKE FROM BURNING TOBACCO PRODUCTS: SIDESTREAM SMOKE -- SMOKE

THAT COMES FROM A LIGHTED CIGARETTE, PIPE, OR CIGAR AND MAINSTREAM SMOKE -- SMOKE THAT IS EXHALED BY A SMOKER. NONSMOKERS EXPOSED TO SECONDHAND SMOKE ABSORB NICOTINE AND OTHER COMPOUNDS JUST AS SMOKERS DO. THE GREATER THE EXPOSURE TO SECONDHAND SMOKE, THE GREATER THE LEVEL OF THESE HARMFUL COMPOUNDS IN YOUR BODY.

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**RECENTLY, WE DID A HEALTHWATCH PROGRAM ON DENTAL CARE. AT THAT TIME, I LEARNED THAT THE SLANG TERM FOR CHEWING TOBACCO IS "SPIT." WHAT ARE THE CANCER AND OTHER HEALTH DANGERS OF CHEWING SPIT?**

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THOUGH MANY PEOPLE MIGHT BELIEVE OTHERWISE, SPIT TOBACCO IS NOT A SAFE SUBSTITUTE FOR SMOKING CIGARETTES OR CIGARS. SMOKELESS TOBACCO CAN CAUSE VARIOUS CANCERS AND NON-CANCEROUS ORAL CONDITIONS AND -- JUST AS WITH CIGARETTE SMOKING -- CAN ALSO LEAD TO NICOTINE ADDICTION. SOME OF THE HEALTH CONDITIONS THAT CAN BE CAUSED BY CHEWING TOBACCO INCLUDE: CANCER OF THE MOUTH AND PHARYNX; LEUKOPLAKIA -- WHITE SORES IN THE MOUTH THAT CAN LEAD TO CANCER; GUM RECESSON -- OR THE PEELING BACK OF GUMS; BONE LOSS AROUND THE TEETH; ABRASION OF TEETH; AND SEVERE BAD BREATH.

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**SO PEOPLE THAT CHEW SPIT NEED TO ALSO BE VERY MUCH AWARE OF CANCER RISKS, AS WELL AS OTHER HEALTH RISKS?**

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ABSOLUTELY!

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**OK, TRACY, IN JUST A FEW MOMENTS, WE ARE GOING TO DIRECT FOLKS AGAIN TO THE AMERICAN CANCER SOCIETY WEBSITE -- WHEREIN THEY CAN FIND GOOD INFORMATION ON SMOKING CESSATION IDEAS AND PROGRAMS. BUT LET'S DISCUSS VERY QUICKLY THE BENEFITS THAT ONE MIGHT ENJOY WHEN THEY STOP SMOKING. HOW DOES SMOKING AFFECT THE QUALITY OF LIFE?**

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HERE ARE SOME MORE SOBERING STATISTICS THAT SMOKERS SHOULD KNOW. THE CENTERS FOR DISEASE CONTROL AND PREVENTION REPORTS THAT FROM, 1995 TO 1999, ADULT MALE SMOKERS LOST AN AVERAGE OF THIRTEEN POINT TWO YEARS OF LIFE AND FEMALE SMOKERS LOST SOME FOURTEEN POINT FIVE YEARS.

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**THAT DOES GET YOUR ATTENTION!**

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YES! AND WHEN YOU LOOK AT THAT WITH RESPECT TO THE AVERAGE AMERICAN LIFE SPAN OF EIGHTY YEARS, SMOKING MEN CHEAT THEMSELVES OUT OF SIXTEEN POINT FIVE PER CENT OF THEIR LIVES. IN OTHER WORDS, DYING AT ABOUT AGE SIXTY-SEVEN RATHER THAN EIGHTY. FOR WOMEN, IT IS EVEN WORSE. IF A WOMAN LIVES TO EIGHTY YEARS OF AGE, LOSING FOURTEEN POINT FIVE YEARS OF HER LIFE TO AN ILLNESS CAUSED BY SMOKING MEANS THAT SHE WILL DIE AT OR ABOUT THE AGE OF 65 -- LOSING SOME EIGHTEEN PER CENT OF HER LIFE. IT IS ALSO IMPORTANT TO NOTE THAT PERSONS WHO QUIT SMOKING BEFORE THE AGE OF FIFTY HAVE ONE-HALF

THE RISK OF DYING IN THE NEXT FIFTEEN YEARS COMPARED WITH PERSONS WHO CONTINUE TO SMOKE.

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### **WHAT OTHER BENEFITS MIGHT ONE HAVE WHEN THEY STOP SMOKING?**

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LET'S LOOK AT THE TIME FRAME OF THE BENEFITS AFTER YOU STOP SMOKING. U. S. SURGEON GENERAL REPORTS PUBLISHED IN 1988 AND 1990 STATE THAT:

- TWENTY MINUTES AFTER QUITTING, YOUR HEART RATE DROPS.
  - TWELVE HOURS AFTER QUITTING, THE CARBON MONOXIDE LEVEL IN YOUR BLOOD DROPS TO NORMAL LEVELS.
  - TWO WEEKS TO THREE MONTHS AFTER QUITTING, YOUR CIRCULATION IMPROVES AND YOUR LUNG FUNCTION INCREASES.
  - ONE TO NINE MONTHS AFTER QUITTING, COUGHING AND SHORTNESS OF BREATH DECREASE; AND THE CILIA – THE TINY HAIR LIKE STRUCTURES THAT MOVE MUCUS OUT OF THE LUNGS -- REGAIN NORMAL FUNCTION IN THE LUNGS; INCREASING THE ABILITY TO HANDLE MUCUS, CLEAN THE LUNGS, AND REDUCE THE RISK OF INFECTION.
  - ONE YEAR AFTER QUITTING, THE EXCESS RISK OF CORONARY HEART DISEASE IS HALF THAT OF A SMOKER'S.
  - FIVE YEARS AFTER QUITTING, YOUR STROKE RISK IS REDUCED TO THAT OF A NONSMOKER FIVE TO FIFTEEN YEARS AFTER QUITTING.
  - TEN YEARS AFTER QUITTING, THE LUNG CANCER DEATH RATE IS ABOUT HALF THAT OF A CONTINUING SMOKER'S. THE RISK OF CANCER OF THE MOUTH, THROAT, ESOPHAGUS, BLADDER, CERVIX, AND PANCREAS DECREASE.
  - FIFTEEN YEARS AFTER QUITTING, THE RISK OF CORONARY HEART DISEASE IS THAT OF A NONSMOKER'S.
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**SO THE BENEFITS WHEN YOU STOP SMOKING -- OR WHEN YOU NEVER BEGIN SMOKING IN THE FIRST PLACE -- ARE QUITE SIGNIFICANT. NOW IS THE PERFECT TIME TO GIVE THE AMERICAN CANCER SOCIETY WEBSITE ADDRESS AGAIN, SO THAT OUR VIEWERS THAT SMOKE CAN EXPLORE WHAT THEY CAN DO TO PERMANENTLY STOP THE HABIT AND SO THAT NON-SMOKERS CAN LEARN ANEW WHY THEY SHOULDN'T SMOKE.**

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FOR THOSE WHO WANT TO LEARN MORE ABOUT THE DANGERS OF SMOKING, THE BENEFITS OF SMOKING CESSATION, AS WELL AS OTHER IMPORTANT CANCER INFORMATION, THE WEBSITE ADDRESS FOR THE AMERICAN CANCER SOCIETY IS: [WWW.CANCER.ORG](http://WWW.CANCER.ORG).

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**IS THERE A TOLL FREE NUMBER, AS WELL AS A LOCAL TELEPHONE NUMBER, THAT OUR VIEWERS CAN CALL?**

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THE AMERICAN CANCER SOCIETY TOLL FREE, IS (800) 227-2345. THE LOCAL TELEPHONE NUMBER IS: (757) 853-6638.

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HEALTHWATCH IS A MONTHLY HEALTH UPDATE PRESENTED BY THE NORFOLK DEPARTMENT OF PUBLIC HEALTH. IF YOU HAVE ANY QUESTIONS OR COMMENTS ABOUT THIS PROGRAM – OR IF YOU HAVE A TOPIC THAT YOU WOULD LIKE FOR US TO DISCUSS – PLEASE CALL US AT 683-2756. I'M TERRANCE AFER-ANDERSON AND THIS HAS BEEN HEALTHWATCH.

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## THINGS TO SEE AND DO

### MACARTHUR CENTER OPENS OUTDOOR ICE RINK ADJACENT TO THE DOWNTOWN CENTER

MacArthur Center has added a new amenity for Hampton Roads' holiday shoppers. The area's only public outdoor skating rink opened at the corner of Monticello and Freemason avenues. The 60-foot-by-100-foot ice rink will remain open through Jan. 8.

"This is a truly unique and ambitious amenity that will give this year's holiday shoppers a smooth skate in every sense of the word," observes Karen Winters, MacArthur Center marketing & sponsorship director. "We're hoping people take full advantage of it by building a spin on the ice into their holiday shopping day. We see it as an ideal — and healthy — treat after a productive day at the mall, a fun add-on for a family shopping venture and a happening place for friends to gather."

Skating will cost \$5 per person for each 1 ½-hour session. Military personnel and their families who show their military IDs can skate for \$2.50 per person. Skate rentals will be available every day at no additional charge, although those who wish can bring their own.

Skaters can warm up, fill up or cool down at the concession stand, which will sell hot chocolate, coffee, hot cider, soda, bottled water, candy, potato chips and other snacks.

Rink hours will vary, but a full schedule and event calendar — including demonstrations, learn-to-skate lessons, musical performances and skating sessions with the Admirals and the team mascot — is available at

[www.shopmacarthur.com](http://www.shopmacarthur.com).

The shopping center has even put together a lunchtime skating package for office workers. For \$10, shoppers receive a \$10 food court voucher and a skate pass valid daily from 11 a.m. to 2 p.m.

"I can't begin to tell you how excited we are to bring a public outdoor ice rink to downtown Norfolk," Winters adds. "Even non-skaters will have a great time watching all the activity. We can't think of anything that says 'holidays' and 'winter

family fun’ better than an old-fashioned outdoor rink right in the heart of the community.”

## ARTS WITHIN REACH

The Norfolk Commission on the Arts and Humanities is pleased to announce the December performances in its *Arts Within Reach* series. From Berkley to Ocean View, from Park Place to Five Points, the Norfolk Arts Commission presents and supports **free** programs that bring great art to Norfolk communities. ***Arts Within Reach*** features free performances, workshops, and demonstrations in neighborhoods throughout the City. Get to know local artists while you enjoy their talent and creativity in a relaxed atmosphere.

### December

**13** (Tues.) 11:30 a.m. – Young Audiences of Virginia’s “**Holiday Time**” with **Cindy and Shelly**. These two musical singer/songwriters present holiday music from around the world. *Bank Street Memorial Baptist Church, 7036 Chesapeake Blvd.* 664-4321.

Shelly and Cindy have performed together for years as a childrens’ duo. Shelly, a talented writer and the mother of two teenage daughters, creates songs for children from real-life experiences. The duo uses a variety of stringed instruments and puppets, percussion instruments and props to encourage audience participation. Their songs range from traditional and contemporary folk to Disney tunes and original music. This special holiday program uses seasonal songs from around the world to tell the stories of international customs and celebrations.

*Arts Within Reach*, produced by the Norfolk Commission on the Arts and Humanities, is a series of free performances showcasing Norfolk performing arts organizations and artists. The series introduces audiences to the arts in an informal atmosphere that encourages interaction between performer and audience. All *Arts Within Reach* performances are **free and open to the public**. Inquiries can be made at 664-4321.

Additional **free** performances in Norfolk for the month of December include:

**1 – 3 pm** Saturdays. **D’ART Demos**. D’ART Center presents local artists in weekly interactive arts demonstrations and workshops. *Selden Arcade, 208 E. Main Street.* 625-4211

**18 (Sunday) 1:30 p.m. – Bellissima!: “Global Celebrations: To Sing, to Dance, to Celebrate Peace.”** Tidewater’s premier women’s choral ensemble, directed by Deborah Carr, performs music from around the world in many languages and styles. *Free with admission, Chrysler Museum, 245 Olney Road 481-7332*

## **BOTANICAL GARDEN**

***What a Cool Classroom!*** Whether it’s because of the weather or during winter break, students will have *some* time off this season. If parents just need some peace, or the kids get cabin fever, we’re here to help! While school’s out, keep the learning going and the knowledge growing -- in our 155 acre classroom!

Here's what we've got lined up for winter day campers:  
Saturdays: 9:00 a.m. to 4:00 p.m.

Dec. 17<sup>th</sup>      Christmahanayuletidekwanzukah

Monday through Thursday: 9:00 a.m. to 4:00 p.m.

Dec. 19<sup>th</sup>      Snow Angels

Dec. 20<sup>th</sup>      Grinches & Finches

Dec. 21<sup>st</sup>      Bah Humbugs

Dec. 22<sup>nd</sup>      Kringles Jingles

Come hang out with us during winter break and explore the Garden in hibernation. Don’t worry about the cold -- we’ll stay warm while playing games, singing songs and learning how different plants and animals have adapted to survive and thrive in the winter months. Also find out how people from around the world celebrate the holidays and ring in the New Year.

Cost: \$45 per day/\$35 per day NBG members

For more information or to register, call (757) 441-5838 or visit our Web site at [www.norfolkbotanicalgarden.org](http://www.norfolkbotanicalgarden.org).

*Also keep the Garden in mind on snow days. Of course stay home if the weather turns really wild, but on those days when classes are cancelled early and kids are bored by mid-morning -- give us a call or check out our Web site to see what we've got going on. Just because school is closed doesn't mean kids can't learn!*

## **CHRYSLER HALL**

### **BROADWAY’S AWARD-WINNING BEST MUSICAL**

## **DISNEY'S THE LION KING**

### **Group Tickets Now on Sale!!**

Disney's The Lion King has been confirmed for a multiple-week limited engagement at Chrysler Hall in Norfolk beginning December 9<sup>th</sup>, 2005. This United States National Tour is currently one of nine productions running worldwide along with New York, Tempe, Sydney, London, Hamburg, Scheveningen, Tokyo and Nagoya. Opening night in Norfolk is set for Saturday, December 10<sup>th</sup> at 8:00 p.m., with preview performances on December 9<sup>th</sup> at 8:00 p.m. and December 10<sup>th</sup> at 2:00 p.m.

Tickets are now on sale for groups of (20) or more. A toll free number, 1-888-500-BWAY (2929), is available for group ticket information and to place an order. Groups should order now to get the best seats before tickets go on sale to the general public in June 2005.

## **CHRYSLER MUSEUM OF ART**

### **SENIORS ART FORUM**

The Seniors Art Forum is a senior citizens group that meets at 2 p.m. on the first Saturday of every month for a tour, discussion, and light refreshments. No reservations are necessary for individuals, but please call (757) 333-6268 for group reservations. Cost: included with Museum admission.

### **CURRENT AND UPCOMING EXHIBITIONS:**

#### ***Old Master Paintings from the Collection of Mr. and Mrs. Thomas A. Saunders, III***

Kaufaman Furniture Gallery  
Ongoing

#### ***Photography Speaks***

Alice R. and Sol B. Frank and David L. Hack Photography Galleries  
Ongoing

#### ***Norfolk and Western Railway Photographs by O. Winston Link***

Alice R. and Sol B. Frank Photography Galleries  
Through December 31, 2005



***Behind the Seen: The Chrysler's Hidden Museum***

Norfolk Southern Large Changing Galleries

Through February 19, 2006

***Civil War Photographs from the David L. Hack Collection***

Alice R. and Sol B. Frank Photography Galleries

February 10 through July 31, 2006

The Masterpiece Society presents

***Masterpieces from an English Country House: The Fitzwilliam Collection***

Norfolk Southern Large Changing Galleries

April 28 through August 13, 2006

**d'ART CENTER**

**d'ART Center, Selden Arcade 208 East Main Street, Norfolk, VA 23510**

ph: 757-625-4211 fax: 757-625-0670

Connect with the Visual Arts at [www.d-artcenter.org](http://www.d-artcenter.org)

*The d'ART CENTER is a regional, private, non-profit, visual art facility featuring 40 resident visual artists creating, displaying and selling original fine art. Our special events support the center's mission of connecting the public with the visual arts process.*

**BIRTHDAY PARTIES!**

Having a birthday party, and need a cool activity for your guests? Call d'ART Center to arrange a private class for you and your friends for your big day and make your celebration an art occasion to remember! We will suggest both artist and artistic activity that you can remember and enjoy all year. For children and adults. Call 625.4211 for scheduling and arrangements.

**THE FIVE POINTS COMMUNITY FARM MARKET**

**OPEN ALL YEAR ON SATURDAYS ONLY**

**9 a.m. - 4 p.m.**

Five Points Community Farm Market

Indoors - 1132 Norview Avenue - Norfolk

Farm Market 853-0300

<http://groups.hamptonroads.com/5PointsFarmMarket>

**HERMITAGE FOUNDATION**

## ***Home for the Holidays Tours of The Hermitage***

Continuing through the month of December, The Hermitage Foundation Museum will offer special holiday-themed tours of the former Sloane family residence. *Home for the Holidays* tours will take visitors through multi-cultural holiday and end-of-the-year traditions exemplified by pieces in the Sloane Collection of art and furniture. The tours will touch on the holiday traditions of the Sloane family, featuring a display of archived cards, letters, and photographs.

Visitors are encouraged to peruse Hermitage gift items, including t-shirts, mugs, umbrellas, and Hermitage ornaments. Also on display and available for purchase just in time for holiday gift-giving are handcrafted wooden ornaments by the Tidewater Turners as well as art pieces in a variety of media in the Tidewater Art Alliance Miniature Exhibition, *Tiny Treasures of TAA*, in the Changing Galleries through the month of December.

*Home for the Holidays* tours will be offered as a special event until December 31, 2005. As always, The Hermitage gardens and grounds are open to the public free of charge during regular operating hours.

*Formerly home to the Sloane family, the Hermitage is surrounded by twelve acres of woodlands and gardens on the shore of the Lafayette River. The Hermitage offers 45-minute guided tours, on the hour, of fifteen galleries filled with the Sloane family world-wide art collection, furniture, and history. Two galleries feature changing art exhibitions that run from three to eight weeks. The Visual Arts School, located on the beautiful grounds of the Hermitage, houses classrooms, a complete ceramics studio, and darkroom photography facilities. Open daily 10-5, Sundays 1-5—closed Wednesdays. Free for Museum Members, under 6, and Active Duty military. Admission: \$5, \$2 for ages 6-18, and \$3 for students. For more information call 757-423-2052 or visit [www.thfm.org](http://www.thfm.org).*

## **HOLIDAYS IN THE CITY 2005**

### **HIGHLIGHTS**

**A Christmas Carol.** Presented by the Virginia Stage Company; Wells Theatre; Now- December 23; Call 757-627-1234.

**The Lion King.** Presented by Disney; Chrysler Hall; December 9-January 15; Call 757-671-8100.

### **SIGNATURE EVENTS**

**Winter Wonderland: The Coleman Collection.** Now-December 31, 2005;  
Courthouse Galleries, Olde Towne Portsmouth. Call 757-393-8543.

For more information or to view a complete calendar of holiday events visit [www.downtownnorfolk.org](http://www.downtownnorfolk.org) and click on Holidays in the City, or call the Downtown Norfolk Council at 757-623-1757.

## **HURRAH PLAYERS**

### ***Schedule***

- In 2006 *Amazing Grace* runs February 17-19
- Dr. Seuss' *Seussical... the Musical* runs weekends March 17-26 2006.
- The musical *Snow White Goes West* May 19-21.
- Closing the season will be *Shagging on the Beach*, a brand new beach musical revue running July 28-30.

For tickets and info call 627-5437 or Ticketmaster 671-8100. Or visit our web site [www.hurrahplayers.com](http://www.hurrahplayers.com)

Hurrah Players also offers theatre classes for ages 5 - Adult through the year and camps in the summer.

## **LIBRARIES**

### **ALL NORFOLK PUBLIC LIBRARY PROGRAMS THROUGH DECEMBER**

#### **Barron F. Black Homework Center**

#### **School Age Fun**

Tuesdays Now - December 29

School Age Storytime Join us for stories, discussions, crafts and more!

4:00 p.m.

- December 15 Celebrate Kwanzaa
- December 22 Christmas Stories and Crafts
- December 29 New Years Around the World

## **Blyden Branch Library**

### **Family Time**

December

20 Tue. Visit Saint Nick. Santa is happy that all the children in the Tidewater area have been good. His elves and reindeer - especially the one with the red nose - are all looking forward to seeing you. Please make your list short, and if you have sweets for us, make them low carb. 5:00 p.m.

### **All Ages**

Ongoing

Monday - Thursday (except closed holidays) School-Age Fun. Students participate in enrichment programs focusing on homework. 3:30 p.m.

Monthly

Dec. 13 Tue. Book Talk. School age students get together for group discussions about the books they have read. 4:30 p.m.

## **Horace C. Downing Branch Library**

### **School Age Fun**

December

15 Thu. Make Tree Ornaments. Make your very own ornament and hang it on the Christmas tree. 4:00 p.m.

### **Just for Teens**

December

21 Wed. Open Mike. Do you have an issue with something? Well teens, here is your chance to express your thoughts. Be here! 4:00 p.m.

## **Janaf Branch Library**

### **Babies & Toddlers**

Ongoing

Babygarten. Wed. Beginning October 5. Songs, fingerplays, stories and free play in an atmosphere designed to nurture the parent-child bond. 10:30 a.m.

## **School Age Fun**

### **Monthly**

Fun at the Library. Sat. Have a terrific time on the 3rd Saturday each month at the library. Read books, tell stories, play games, create crafts, and more! 2:00 p.m.

- November 19 The Wizarding World of Harry Potter
- December 17 Visit the Enchanted Land of Narnia

## **Just for Teens**

### **Monthly**

Teen Advisory Group. First Tuesday each month (9/6, 10/4, 11/1, 12/6.) Help plan programs for teens and decide what books the library purchases for teens? If so, join us and share your opinions. 3:00 p.m.

### **December**

15 Thu. Creative Writing Workshop. Do you yearn to write stories but aren't sure where to get ideas or how to keep going once you start? Rebecca Muller joins us for an hour of instruction and advice to help your writing be its best. 3:00 p.m.

## **Jordan-Newby Branch Library**

### **Babies & Toddlers**

#### **Ongoing**

Babygarten. Every Thursday, beginning November 3. Babygarten provides an enjoyable and enriching experience for children, parents and caregivers. Babies, 1 - 24 months, participate in action rhymes, activities, shared book readings, and gain skills to become proficient learners. Registration required. 10:00 a.m.

### **Family Time**

#### **December**

17 Sat. Stress Relief for the Holidays. Parents and kids, come enjoy some stress-free fun at the library. Read books, play board games and web games or make and take something. 3:00 p.m.

## **Kirn Memorial Library**

### **Family Time**

Ongoing

Family Storytime. Join us each Saturday, beginning September 3, for the best in children's literature, songs, games and other activities. 2nd Saturday each month: Hablamos Espanol - a guest reader will gently introduce Spanish with stories, songs and simple conversation. 10:30 a.m.

December

7, 14, 21 Wed. Holiday Storytime. Share some holiday stories in the Center Court at MacArthur Center Mall. 10:00 a.m.

## **Lafayette Branch Library**

### **Babies & Toddlers**

Ongoing

Babygarten. Wednesdays, beginning September 14. Action rhymes. Movement activities. Shared book readings. Sound like fun? Join Babygarten each Wednesday and see this successful program in action. Space is limited each week. Read to them, sing to them, love them. (For 1-24 month olds and a parent or care-giver.) 10:30 a.m.

### **Family Time**

Monthly

Daddy & Me: Breakfast & A Book. Join us each 2nd Saturday for a fabulous breakfast and then wonderful stories told by terrific guest readers. Be sure to bring your camera for lots of pictures! Dads bring the whole family for a morning of fun. 10:00 a.m.

- December 10: Make a Cool Ornament from A Coke Can! Bring an empty washed out Coke can and get ready to make a neat ornament you'll enjoy for years to come.

December

15 Thu. Lafayette Library's 4th Annual Grand Illumination. Sip some cider and have cookies with us as we light our luminaries and enjoy the glorious sight of our decorated walkways. Don't forget your camera for pictures with Santa, our guest! Take a break from the seasonal hustle and bustle as you relax with some holiday music, your Lafayette neighbors and inviting refreshments. 6:30 p.m.

29 Thu. Kwanzaa Celebration. Join us as we honor African heritage. Discover the traditions and customs of Africa as we observe Kwanzaa during this special holiday event. 2:00 p.m.

## **Larchmont Branch Library**

### **Babies & Toddlers**

Ongoing

Babygarten. Thursdays, beginning September 29. Babygarten provides a weekly experience that is enjoyable and enriching for babies, their parents, and caregivers. The program is designed for infants and babies up to 24 months. Join us for fingerplays, music, playtime and stories. Due to the popularity of the program registration is required and space is limited, call 441-5335. 10:30a.m.

### **All Ages**

December

Caring and Sharing Christmas. Each Wednesday from November 30 - December 21 we will make holiday crafts. Celebrate the holidays with something special you made. 3:30 p.m.

- December 14: Make a small gift for someone special. Presents from the heart are always appreciated.
- December 21: Create a gift from one of the past three weeks of A Caring and Sharing Christmas. Make a card, ornament or a small gift.

## **Little Creek Branch Library**

### **Family Time**

December

19 Mon. It's Beginning to Look a Lot Like Christmas! Get in the holiday mood with this free program: enjoy unforgettable stories, festive music, a special holiday video and free refreshments. 6:30 p.m.

## **Pretlow Branch Library**

December

15 Thu. Holiday Party. Make an ornament or other craft item while we listen to holiday music. Enjoy refreshments too. 3:30 p.m.

## **Van Wyck Branch Library**

### **Family Time**

December

14 Wed. Ho, Ho, Ho, Merry Christmas! Holiday Stories and a visit from Santa! Join us for a Holiday Celebration. Don't forget your camera for this special event. 4:00 p.m.

## **MACARTHUR MEMORIAL**

**New Exhibit At The MacArthur Memorial Commemorates The 60<sup>th</sup> Anniversary Of The Liberation Of Civilian Internment Camps In The Philippines During World War II .** More than 60 years ago, over 5,000 civilian men, women and children were imprisoned in internment camps following Japan's occupation of the Philippines during World War II. A three-year struggle for survival ensued as these internees endured crowded living conditions, disease, limited medical supplies, heavy labor, tension, uncertainty, and near starvation.

On April 23, 2005, the MacArthur Memorial opened a special exhibit in honor of the internees, and the soldiers and civilians who saved them. The exhibition, which will be on display through February 28, 2006, examines the Philippines before the Japanese invasion and what characterized life for both the native Filipinos and the foreign-born residents. Focusing on the three major internment camps, Santo Tomás, Los Baños and Baguio, the exhibition offers insight into the internees' initial contact with their captors and their daily lives during confinement. While some succumbed to death, others with the help of the Filipino civilians and their own sheer will were able to survive until their eventual liberation in February of 1945.

**Make a Holiday Card for a Soldier at MacArthur Memorial.** The MacArthur Memorial invites children and adults to come to the memorial's theatre to create a holiday card for soldiers overseas.

Supplies and materials are provided free of charge, and the public is invited to stop by from 10 A.M. – 5 P.M. Monday through Saturday 11:00 A.M. to 5:00 P.M. on Sunday. We will collect all the cards submitted and give them to the American Red Cross for mailing and distribution. The card activity will end on Friday, December 16.

In addition, materials to make a seasonal tree ornament will be available and the public is invited to help decorate the Memorial's tree.

The Memorial is located in downtown Norfolk on the corner of City Hall Avenue and Bank Street. Parking is available directly across the street at the MacArthur Center South Parking Garage, and patrons may bring their parking stub to the Memorial for validation good for up to three hours of free parking.



## NAUTICUS

### ARTISTIC AMERICAN VETERAN'S ARTWORK ON DISPLAY AT NAUTICUS

Visitors to Nauticus, The National Maritime Center can enjoy a rare look at the artwork and creativity of some of our nation's veterans in a new art exhibit entitled *The Other Side: Works of Art by the Artistic American Veterans*. The exhibit, a feast for the eyes with displays of vivid paintings, photographs, exquisite woodturning, and colorful handmade dolls, is on exhibit in the Forecastle Gallery at Nauticus now through February 11, 2006.

The Artistic American Veterans Foundation, coordinator of the exhibit, was created in 1994 by Tyrone McDonald, a retired Army veteran who once served in Vietnam. He founded the organization to encourage the creative side—the other side—of American veterans. Artistic American Veterans encourages veterans to use art for mental and physical therapy and also provides art mentoring programs for children. The artists have had many opportunities to display their artwork and techniques in venues around the region; however, this is first time this number and variety of works by members of the Artistic American Veterans will be on display in Norfolk.

Among the artists represented in *The Other Side* is Sherman Watkins, a Hampton resident who served in the United States Air Force and is a retired illustrator from the space shuttle program. Mr. Watkins draws inspirations for his works from nature and world events. His poignant *9-11 Remembered* painting is on display in the exhibit.

Edwina Brooks-Bankston, a resident of Virginia Beach, displays a collection of handmade fabric dolls. The collection contains soft dolls to cuddle and others straight and tall for display. All have distinctly African flair and are exquisitely dressed in bold, vivid colors.

Nathan Richardson, a well-known regional photographer and poet who served in the United States Army and the Virginia Army National Guard for 22 years, is exhibiting three framed black-and-white photographs accompanied by poetry.

Richardson is also the founder of Spiritual Concepts Publishing and the author of *Likeness of Being* which is now distributed coast to coast. A Suffolk native, he promotes the arts in Hampton Roads through his affiliation with Artistic American Veterans, Young Audiences of Virginia, and Southeastern Virginia Arts Association.

Jesse Champico, a Norfolk resident and Vietnam Veteran, specializes in paintings filled with the colors of the sea to catch the eye. His work reflects how he painstakingly produced one drop of paint at a time to create a unique texture.

Darlene Cornick, a Suffolk resident and Artistic American Veterans member, has chosen to display two paintings dedicated to those who have provided her with creative inspiration--her family members and ancestors.

Brett Blaze, a Norfolk resident and retired Navy electronics technician, has crafted an exquisite collection of turned-wood bowls and vases created from a variety of unusual woods such as tamarind and sycamore.

*The Other Side* may be viewed during Nauticus' normal operating hours. For more information about *The Other Side* exhibit, please call (757) 664-1000.

## **Fall/Winter 2005**

### **December**

### **Special Events**



#### **Traveling Exhibit**

***Powers of Nature.* On view through December 31, 2005.** *Powers of Nature* explores the science behind natural disasters—how they are studied and

predicted, how we can protect ourselves, and how they affect our lives. It includes more than 50 interactive exhibits, videos, immersion experiences, live satellite and radar images, artifacts, and personal stories.

**NEW!**

#### **Saturday, December 17, Noon-3 p.m.**

**The Power of the SEASON.** Come participate in “The Science of the North Pole” workshop, enjoy picture taking with Santa, and create holiday make-n-takes. Plus, at 3 p.m. The Hurrah Players will present “Holidays in Virginia,” an exciting musical that will be presented in our theater. Separate ticket purchase required. Call (757) 627-5437 for ticket information.

#### **Saturday, December 17**

**Powers of Nature (FIRE) Day.** Enjoy educational science demos and see Stormchasers for \$1 off! Plus, at 2 p.m., hear Karen Barnes, City of Norfolk Fire Inspector, who'll talk about fire safety at home.

#### **Monday-Thursday, December 26-29; Noon-4 p.m. each day**

**“Powerful” Characters & Stormy Weather Week!** While school's out families can spend some fun, quality time at Nauticus! Kids can see their favorite powerful characters including *Spiderman* and *The Incredible Hulk*! Plus, enjoy a holiday-

themed movie in our hi-definition theater each day at 2 p.m. Call (757) 664-1000 for more information.

**Tuesday-Thursday, December 26-29; 8 a.m. to 4 p.m.**

**WINTER SCIENCE CAMP!** Students will learn that science is involved with everything around us while they perform cool experiments and create make-n-takes during this awesome camp! Topics include “Wacky Weather”: (dangerous weather, instruments, and preparedness); and “Beach Day in December”: seashore, ocean, and pollution. Admission for one day is \$25 for members; \$30 for general public & for two days is \$40 for members; \$50 for general public. Call (757) 664-1010 for registration information. *Register by December 3 and receive a \$5 gift certificate to our Banana Pier Gift Shop!*

**Ongoing Programs &**

**Saturdays, 10:30 a.m.**

**Shark Feeding.** Watch Nauticus’ live sharks eat as you learn about shark behavior and ecology!

**Weekdays; 10:30 a.m., 12:30 p.m., 2:30 p.m.**

**Weekends; 11:30 a.m. (Sat. only), 1:30 p.m., 3:30 p.m.**

**Shark Touch.** What does a shark’s skin feel like? Find out at Nauticus’ Shark Petting Lagoon, where you can touch the back of a warm-water Nurse Shark. Sharks in the Lagoon vary in length from two to three feet.

**Weekends; 1 p.m.**

**Cool Science.** Liquids boiling without a stove! Gases turning into liquid! Balloons exploding with bright flashes of light and heat! These are a few of the amazing hands-on experiments you can see in this program sponsored in part by BOC Gases.

**Weekdays; 2:30 p.m.**

**Saturdays; 11 a.m.**

**Grando Electro Show.** Experience the science of static electricity, sparks, and electrical charges in a safe and controlled manner. You’ll get a “charge” out of it!

**Weekends; 12:45 p.m.**

**Kiddie Tidepool & Storytime.** Geared toward early learners, this program explores the ecology of the Elizabeth River. Plus, enjoy a special reading of a maritime-related story.

**Weekdays; 1 & 4 p.m.**

**NOAA Science On a Sphere Presentation.** Enjoy this exciting and interactive presentation on our newest exhibit, Science On a Sphere. Explore the Earth’s

surface and learn about weather patterns, how hurricanes are formed, climate conditions around the world, and much more!

**Daily; 11:15 a.m., 12:15 p.m., 1:15 p.m., 2:15 p.m., 3:15 p.m., 4:15 p.m.**

***Aegis.*** Aegis is an ancient word for shield. It's also the name of the Navy's hi-tech protection system used by destroyers to form a 250-mile-radius shield around a naval battle group. This specially designed command center theater simulates a battle situation, allowing you to feel the weight of command as you make hair-raising, snap decisions.

**Daily; 10:45 a.m., 11:45 a.m., 12:45 p.m., 1:45 p.m., 2:45 p.m., 3:45 p.m.**

***Design Chamber: Battleship X.*** Inside this multi-media interactive theater, match wits with America's best ship designers on the eve of World War II in a race against time to create the greatest battleship ever. If you are a tactical genius, this is the place to show it.

### **Digital High-Definition Films**

**Daily; 11 a.m., 1 p.m., 3 p.m.**

***Stormchasers.*** Shown in conjunction with *Powers of Nature*, this powerful and exhilarating digital high-definition film stars hurricanes, monsoons, and tornadoes. Will be shown multiple times daily through December 31 in Nauticus' NEW state-of-the-art, digital high-definition theater. \$3 admission (for members or with Nauticus ticket purchase); \$5 general admission. Call (757) 664-1000 for additional information.

***\*The Living Sea* movie is no longer shown daily in the Nauticus Theater.**

**Special arrangements will be made for large groups. Please call (757) 664-1074 for more information.**

## **NEIGHBORHOOD AND LEISURE SERVICES**

### **Oceanview Senior Center Activities**

#### **Regular Events:**

Wednesdays

60+ Club Business Meeting 11:00a.m.

Featuring Card games, BINGO, Ballroom Dancing, Hot Meal

Thursdays

Line Dancing Class 11:00a.m.

Tuesdays  
Square Dancing 6:30p.m.

Fridays  
Square Dancing 10:30a.m.

Mon-Fri  
Nutrition Program 10:00a.m

Staff Assistance is provided each month to permit groups such as civic groups, Tidewater Appalachian Trail Club and Mayors Task Force.

## **RECREATION SENIOR CLUB ACTIVITIES**

### **BAYVIEW:**

12/09	Meeting	9:00 a.m.
12/16	Meeting/Potluck/Christmas Party	9:00 a.m.
12/23	No Meeting/Holiday Vacation	
12/30	No Meeting/Holiday Vacation	

### **HUNTERSVILLE:**

12/13	Christmas Party	11:00am
12/20	Holiday Break	
12/27	Holiday Break	

### **NORVIEW:**

12/14	Birthday Celebration	11:00am
12/21	Holiday Party	11:00am

All activities for the Norview Senior Club will be held at the Sherwood Forest Recreation Center, 4537 Little John Drive, Norfolk, VA 23513.

### **OCEAN VIEW:**

12/14	Holiday Program	11:30am
12/16	Red Hat Luncheon Meeting	11:00am
12/21	Holiday Party/60+ Club	11:00am

12/28	Holiday Sharing	11:00am
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**SHERWOOD:**

12/15	Holiday Shopping-Fieldtrip to Lynnhaven Mall	11:00am
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## SOUTHSIDE:

12/14	Senior Club Christmas Celebration	12:00pm
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**TITUSTOWN:**

12/13	Trip to MacArthur Mall	10:30am
12/15	Christmas Potluck Holiday Luncheon	12:00pm
12/20	Senior Current Events	10:00am
12/22	Holiday Bingo	11:00am

## SENIOR CITYWIDE EVENTS

**THE SOCIAL BOWLING CLUB:** The Social Bowling Club meets each Monday, 9:30 a.m., at AMF Bowling Lanes, 2441 East Little Creek Road. The day includes three games of bowling, shoe rental, and free beverages for a nominal fee per person.

# TIDEWATER ART ALLIANCE

November 29- December 31 2005

Opening: December 1, 7-9 p.m.

***Tidewater Art Alliance: Miniature Exhibit***

Annual Juried exhibition for TAA members— at The Hermitage Foundation  
Museum, Norfolk

On the importance of being small: *Small works invite the viewer in for a moment of intimate connection and lose scrutiny of image and medium. Small scale accentuates awareness of richness and depth of paint, or watercolor's fluidity and varied visual textures in mixed media. Small often allows, even encourages, fragmentation of image as well as inclusion of only that which is essential to communicating the artist's idea.*

(A paraphrased statement by 1993 Miniature Show Juror, Marlene Jack)

Please contact Ishina Feld with any questions at 757-497-3507 or  
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